

Gotta light, mate?



Two opposing crew members competing in the Clipper Round The World Yacht Race, share a light in St Katharine Docks in Wapping. The 40,000-mile, eight-leg course begins on Sunday and will visit six continents, taking 11 months to complete. In the meantime, rival crews and their yachts have set up a race village at the east London docks. [Full story and pictures / Page 6-7](#)

‘Community centre’ plans scrapped after protests

We'll battle to keep Island's green oasis

Beth.Allcock
@wharf.co.uk

The man at the helm of an Island Gardens charity has vowed it will fight “tooth and nail” to protect the area and its amenities.

Resident Eric Pemberton was elected chairman of the newly-established Friends of Island Gardens at its inaugural meeting on Thursday, with a 12-strong committee put in place to support him.

Eric was one of many vocal

campaigners fighting recent proposals for a community centre in portable buildings in the north-east section of Island Gardens Park, securing more than 2,000 petition signatures.

Last week, Tower Hamlets Borough Council confirmed the

applicant had withdrawn the controversial plans.

Speaking at the meeting, Eric said: “There comes a time you have to fight back. That’s what we have been doing and what we should continue to do.”

[Continued on Page 10](#)

Inside



MY SYRIAN NIGHTMARE

Author Chris Ryan tells us why Britain should keep out of conflict **P4**

I LEFT CITY FOR JUNGLE

Experience as warrior has given me a new take on success **P38**



Plus



We try the latest thrill ride on the Thames **P3**

PLUS Campaign over Thames foot tunnels + Poplar murder update + D-Day on Wharf tower



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WEATHER

24C TODAY
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19C SATURDAY
Partly cloudy

19C SUNDAY
Mostly cloudy

20C MONDAY
Cloudy

TRAVEL

TUBE & DLR
DLR and Jubilee line are both fine.

ROADS
No problems.

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WHAT'S ON
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PROPERTY
Pages 13-36

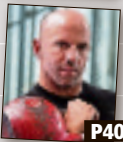
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Agenda

Mobility an issue... at a train station?

Occasionally, due to a health condition, I have to use a walking stick. When the planets have been on a bender and have aligned to moon me, the use of the stick coincides with the need to travel with luggage. Ha, ha, astral planets/Lady Luck/crop circle dudes/whatevs. Thanks a sodding lot.

One such clash of ill-fates saw me recently struggle through a London station, stick in one hand and unwieldy wheeled case in the other. The staff were not terribly helpful. The two uniformed bods I implored to give me a hand, jumped to it and glared at me.

BLONDE'S EYE VIEW



ANGELA CLARKE

Admittedly I am infuriatingly slow when I have my walking stick. And I do tend to clutter up the place. I can understand their lack of patience with the inconvenient truth of my failing body.

It is unreasonable of me to think just because I have a mobility issue I should be able to go to work, or go on holiday, like everyone else. I'm clearly not like everyone else, as the tutting, eye rolling, and sidestepping staff made abundantly clear.

I should accept that having a mobility issue means I should stay home. I should stop battling on with my life. And I definitely shouldn't

expect any help from train station customer service teams.

It's not a question of humanity to hoist my case, but their scheduled lunch break. Durgh. Which is how I ended up falling backwards against the lift alarm, swearing in front of a stranger's six-year-old and getting wedged in the turnstiles to the toilets. Truly caught short.

I won't name and shame the station involved so for the sake of impartiality let's call it Pooh Station. Pooh as in this stinks and Winnie the bear. Hint, hint. Unbearably bad form.

Follow Angela on Twitter:
@TheAngelaClarke

London eye



REUTERS

A performer enjoys the Notting Hill Carnival. More than a million people attended the two-day event for a feast of Caribbean culture, music and dance.

A week in London
Page 44

What our writers are talking about



■ The EDL seeks to exploit the shocking murder of Drummer Lee Rigby in Woolwich for its own destructive ends.
Mayor Lutfur Rahman

■ Every week, my inbox would be bombarded with invites to aloe vera parties with the most ludicrous incentives to attend.
Tabitha Ronson

■ "Poshitis" is the new name for torn and inflamed muscles caused by carrying large, overstuffed handbags.
Laura Williams

■ We might still be awaiting our first win of the season, but after our dismal start we will take what offerings that are about.
Ian Toal

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

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60 Second Wharf

NEWS

Letter to history

A former teacher has decided to pen a history of Blackheath and Greenwich, A to Z.
News • Page 5

Tower ready to go

Plans for a 190m tower at Heron Quays West are expected to be approved by planners this week.
News • Page 10

On the Olympic trail

Two Crossrail tunnel boring machines have been named after Olympic stars to mark their journey.
News • Page 11

FEATURES

What Sundays are for

Scottish comedian Bruce Devlin is launching a new series of Sunday night "roasts" at Bethnal Green.
What's On • Page 33

Put the kettlebell on

A major gathering of kettlebell experts looms at Canary Wharf. We pick up the trail.
Health • Pages 40-41

Peru placed on a plate

Lima in Fitzrovia is a five-star restaurant, bringing the tastes of Peru into delightful collision on the plate.
Food • Page 42



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Rib rides join jet-set



Blue Thunder has to take it slow down to Tower Bridge but can let loose its power on the lower reaches of the Thames towards the Barrier

Rob Virtue braces himself for 'aquabatics' on the river

Rib rides on the Thames are nothing new but a fresh experience from Bermondsey-based City Cruises promises to be a step up in the adrenalin stakes.

The group, better known for genteel sightseeing tours of the river, has invested in a vessel with two engines each having the power of a Land Rover. It says while other Thames ribs have propeller engines, this is the first jet-powered rib operating in the capital, promising more twists and turns on a white knuckle adventure.

Kyle Haughton, managing director of City Cruises, said of the attraction, which was launched two weeks ago: "We're bringing a theme park ride to central London. You don't have to go to Thorpe Park or Chessington for those kinds of thrills anymore – you can get them right here.



Commentary: Alan Ford

"So far we've had a real mixture of people taking part – from adrenalin junkies to old people but they're all getting off and saying 'wow'.

"There's everything you want from a tourist attraction in London."

City Cruises calls its ThamesJet experience "awesome aquabatics" although fitting in with the

central London speed limits, the ride begins at a more leisurely pace.

Gravel-voiced Alan Ford – best known as the fearsome Brick Top in Guy Ritchie's film *Snatch* – provided the commentary, as we take a tour of iconic landmarks such as Houses of Parliament, the Tate Modern and the Tower of London.

After the boat makes its way through Tower Bridge the jets power up and we're along the Thames, slalomming down to Canary Wharf with music blaring.

The only reminder we're not on a theme park ride comes because we're not strapped in but, instead, lifejackets provide the safety as we roar along at 35 knots.

Afterwards, passengers are given a film of their ride in HD to take home.

Director Mathew Beckwith said: "Our ThamesJet boat Blue Thunder offers a new experience for Londoners and tourists alike, giving them the chance to feature in their own movie while seeing the sights of our great city.

"Blue Thunder is a special bit of kit that allows us to do more than other boats on the Thames."

50-minute journeys to Canary Wharf start at £35 for adults and £21 for under 15s. Rides to the Thames Barrier which take 75 minutes cost £49 and £30.

Yachts prepare / Page 6

NEWS IN BRIEF

Around east London

Murder: Man released on bail

POPLAR A fourth man arrested by officers investigating the death of 16-year-old Ajmol Alom has been released on bail.

The 21-year-old has been ordered to return to a London police station in mid-September.

Aminur Nazir Khan, 19 of Robin Hood Gardens, in Poplar, is so far the only person who has been charged in the investigation into the attack.

He appeared at Thames Magistrates Court on August 15 and was remanded in custody. Two other men, aged 19 and 21, are also on police bail.

Exam success / Page 9

30mph limit nets 19,000 speeders

LIMEHOUSE As well as being a useful way for car drivers to get between Canary Wharf and the City, the Limehouse Link is also very valuable to the authorities.

A Freedom of Information request by *The Sun* has revealed speed cameras in the tunnel have earned £1,135,980 in fines in the last three years.

Nearly 19,000 drivers have been caught exceeding the road's 30mph speed limit.



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Books special

Police held mock execution with a pistol to my head

FICTION

Special forces hero tells **Rob Virtue** how he called on his own experiences for his thriller set in Syria

As research for a novel goes, authors would do well to beat Chris Ryan for his latest book *Masters Of War*.

"A long weekend in Damascus" is how the soldier-turned-writer describes how he got to know Syria. But those who are familiar with the story of *Brave Two Zero* will know exactly what that low-key phrasing hides.

Chris was in the SAS on a mission in Iraq in 1991 when he and his troop were compromised.

Chris was the only one of eight to avoid capture or death and made it nearly 300km across the desert to neighbouring Syria.

Then, while needing urgent medical treatment for muscle atrophy and damage caused by drinking nuclear waste contaminated water, he found out the Middle-Eastern territory was not as safe as he had hoped.

"My time in Syria was quite an ordeal," said Chris, with much understatement. "I was walking for seven days and seven nights escaping from Iraq."

"I just wanted to get out and once I got into Syria I handed myself into the police. They did a mock execution in the desert with a hood and a pistol to my head. It was all psychological."

"When I got to Damascus things were a bit better but I still had no visa and passport so I had a long weekend in Damascus."

That courageous odyssey was recounted in Chris' literary debut *The One That Got Away*.

Since then the author, born in Tyne and Wear in 1961, has written numerous fiction and non-fiction bestsellers.

Once a figure of mystery, pictured only in silhouette, he is now a well-known face and will come to Canary Wharf to sign copies of his book tomorrow (Friday).

With international attention focussed on the crisis in Syria, Chris thought it was a good time to revisit the country for his new fictional thriller.

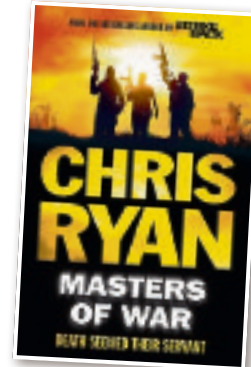
"The story is about the SAS taking a team out there along with a guy from MI6," he told *The Wharf*.

"The team want to contact rebel forces to see what kind of backing they have."

"It looks at private military contractors working on the ground and it follows a new character Danny Black through Syria."

"The publishers want him to be likeable throughout the series of books but I want to change him and make him into an anti-hero."

The book focuses on politics, of war generally and in this region specifically, and with it lies an unequivocal message from Chris about whether Britain and the West should get involved in the internal strife that is ravaging the country.



"But when I joined we only had Northern Ireland so what the kids now have gone through is phenomenal."

"The army is getting smaller every year and soldiers are doing back to back tours, which is horrendous for young kids. Not only that, but they've not got the best equipment."

He said he watched the recent *Panorama* expose on the authorities allegedly covering up rates of soldier suicides in Britain.

"It's shocking," he said. "I live in the US most of the time and over there one soldier is killing themselves every 23 hours."

"Mental health issues have been brushed under carpet for too long but they are now being exposed and there's more to come."

W What's your view on Syrian crisis?

"We could end up arming terrorists with guns that could be used against British troops in the future and that would be a disaster. We need to stay out."

Chris Ryan

"It's very dangerous to start supporting one side against another," he said. "We don't know who they are and what would happen afterwards."

"We could end up helping to create a problem, arming terrorists with guns that could be used against British troops in the future and that would be a disaster. We need to stay out."

Chris also believes that a commitment would stretch overworked forces who are still recovering from long deployments in Iraq and Afghanistan.

And all the while, cutbacks in the Armed Forces are further stretching resources to breaking point.

"When I joined up at 16 I was probably quite naive, thinking it would be a lot of trips to exciting places, fun and games," he said.

"It's not until your first operation it hits you and you're shot at and seeing colleagues get killed, you realise what it's really about."



True life

Why a high flyer gave up her designer suits to become the first female Maasai warrior

More books / Page 38

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Man of letters puts knowledge to use

HISTORY

Beth.Allcock
@wharf.co.uk

PERCHED on a park bench amid a steady stream of visitors clamouring for a view across Greenwich's Royal Naval Hospital and Queen's House, author Hugh Hawes chats passionately about the alphabet.

But this is no ordinary A to Z. These are 26 letters each with a special meaning, encompassing south east London's history.

After moving to Blackheath nearly 50 years ago, Hugh delved into the archives and put pen to paper to create his latest book, *Greenwich And Blackheath: A Historical Alphabet*.

At the age of 83, this isn't his first literary venture.

The history graduate penned a number of school text books about East Africa during his time as a teacher but his accessible guide to the treasures of Greenwich and Blackheath was all the more special, as his granddaughters helped out with imagery and Hugh published the final copy himself.

"My wife calls me a one-man job creative," he joked. "I think that's about right."

A total of 500 copies were produced and, just over six months has seen steady sales within the town's Waterstones store and Greenwich Heritage Centre.

Opening with a description of the Millennium Embroideries and a potted history of the area, the reader then gets stuck into the grammatical sequence of events, from the life of St Alfege to Zany buildings, including The Pagoda in Blackheath.

"I thought it might be fun," said Hugh "I really did it for my family but then when they read it, they said others would want to read it too."

"You tend to show people around Blackheath and as you do, you learn more."

"So I thought 'is there a way I can write this so people read bits every now and then, instead of ploughing their way through?'"

Hugh explains we're sitting next to "probably one of the oldest things around," this being the site of a former Roman Temple in the heart of Greenwich Park, across from the Royal Observatory.

But it's what we're sitting atop that signalled one of many voyages of discovery.

Greenwich Park, Hugh said, boasted a network of underground warrens and chalk caves which, until the last century, visitors could explore.

And his research revealed the caves under Point Hill were also used as nightclub hotspots in the



Former history teacher Hugh Hawes, 83, reflects on his research

Victorian times. He said: "There was so much I didn't know. We tend to know a lot about the Queen's House, or the Royal Naval College, but the peninsula was all new to me with all the things that happened there."

"I found out so much – there was a big ammunition store there, which

people objected to very strongly and then there was a tidal mill and a whaling station."

And then there were the tricky letters that tax the brain.

"I had to cheat a little," Hugh said.

Continued on the next page




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News

I'm on to my next project

From previous page

"For instance on 'H' I had The Royal Hospital for Seamen but I also wanted it for highwaymen, so I had to turn highwaymen into 'Y' for yobs, which was a little bit different.

"I also put the Greenwich Geese there – that was the name given to Greenwich people who had too much time on their hands, and spent a large amount of time robbing poultry.

"For 'X' I did excursions and 'Q' wasn't difficult because it was the Queen's House, or else that would have been a tricky one."

Fresh from his historical writing successes, Hugh has returned to his roots in education, putting together a new book, *Children Can Do*, to be published in October.

Greenwich and Blackheath: A Historical Alphabet is available from Waterstones Greenwich and the Greenwich Heritage Centre. At Waterstones, it is priced £14.50.



Skipper Simon Talbot aboard the Great Britain



Ship-shape and raring to set sail

EVENT

Yachts berth at dock ahead of gruelling round-the-world bid

Rob.Virtue
@wharf.co.uk

Thousands are expected to line the banks of the Thames on Sunday for the start of the Clipper Round The World Yacht Race.

The race will see teams undergo an eight leg course of 40,000 miles across six continents. It will take 11 months to complete.

Ahead of the launch, crews assembled at St Katharine Docks in Wapping, on Friday. They will be spending the week making last minute preparations and adjustments at the race village.

One of the teams is crewed fully with Brits and is called Great Britain. That team's skipper Simon Talbot said he felt it gave them an edge in the competition.

"I've got a motivated crew here," he

told *The Wharf*. "Being GB has been a Godsend for me.

"The British tend to be lackadaisical about putting the effort in and going that extra mile but we are representing our country so that's given us added motivation. Downing Street is involved in the sponsorship.

"Having just one nationality also reduces the chances of misunderstanding when you're all speaking the same language."

However, he said all teams would face the toughest conditions imaginable.

"The North Pacific in winter is a violent place and we'll be going through that on a daily basis," he said.

They will set sail on Sunday and until then the race village will be open for visitors. The village opens 11am for the public able to step aboard the boats.

There will be a series of naming ceremonies throughout the week and on Friday at 11am Sir Robin Knox-Johnston and a team of Chinese sailors will receive awards for round the world circumnavigation.

That evening there will be a crew departure ceremony at 7pm.

Crews will depart the dock for the starting line on the Thames on Sunday at 11am.



Pulleys on a yacht

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Crew members prepare their yachts ahead of the Round The World race



NEWS IN BRIEF

999 digest

Appeal to track assault link man

GREENWICH Police have made an appeal for information about a man wanted in connection with a serious assault.

They have released an image of Danny Quinlan, 41, who is from the town and encouraged people to contact them if they know his whereabouts.



Det Con Joanne Evans said: "If you know where Danny is, please contact us. All information will be treated in the strictest confidence."

Call the Greenwich Wanted Persons line on 020 3276 0750.

Cleaners rescued through window

WAPPING Window cleaners were stranded outside the eighth floor of an office block after their equipment became stuck.

A team of 10 firefighters came to the duo's rescue and broke a window before hauling the men to safety.

The incident, which happened on Thursday, lasted nearly two hours.

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Notebook

If you want to get ahead, get a hat, or aloe vera, deal

Before the holidays the latest fad among the stay-at-home mums from Master A's school was aloe vera – not the purchasing of the wonder product but the selling of it.

It was like a domino effect. As a hobby, one of the mums got her husband to buy her a franchise to market the natural plant products. This was swiftly followed by umpteen other whines to husbands, and a saturated market.

Every week, my inbox would be bombarded with invites to aloe vera parties. Trying to out-do one another, the

mums would offer the most ludicrous incentives to attend.

Forget BOGOFs and wine and cheese straws. So desperate for people to attend her AV soiree, one mum laid on Champagne and caviar with an every-one's-a-winner prize draw with gifts ranging from Jo Malone home candles to a week-long stay at the family's ski chalet in Verbier.

Needless to say this did prove to be the most popular, if not profitable, of all the AV parties.

The e-invite that dropped into my

WORKING MUM



TABITHA RONSON

inbox last week caught my eye, especially as I have a wedding coming up. A hat party with exclusive designs by none other than one of the mums at the school.

I read the accompanying email that described how this mum had been on a two-day millinery course and was now ready to unveil her first collection. Who knew it would be that easy?

Although judging by the images on the invite, I don't think Pip Hackett and Stephen Jones have much to worry about anytime soon.

On Monday, I checked my inbox and there was another invite, to another hat party, from another mum. This one has been on a week-long summer millinery intensive; her creations slightly less Carmen Miranda.

And then another, and another. Since the first one arrived, I have received five further invites.

Apparently, if you want to get ahead now in mum circles, you need to be able to design and make a hat.

Working Mum, often wondering if I've fallen down a rabbit hole.

POLITICAL VIEWPOINT

By Lutfur Rahman

EDL will not disrupt our community

The far right English Defence League is threatening to march through Tower Hamlets on September 7.

I am determined it will not bring its message of hate to our borough and I am pleased at the support I have had from an unprecedented number of national and local figures who have called upon the Home Secretary Theresa May to ban it.

The EDL seeks to exploit the shocking murder of Drummer Lee Rigby in Woolwich for its own destructive ends. Its target is the largest mosque in the country.

EDL's previous protests have invariably resulted in violence against communities, property and the police. It is outrageous



I was shocked to learn the EDL had planned to use Altab Ali Park

that it should seek to threaten the otherwise largely harmonious atmosphere here.

In light of the recent street disturbances in Birmingham as a result of an EDL visit, I have written to the Home Secretary to express these concerns. I have a real fear that the EDL presence will act as a catalyst for further violence, disorder and destruction of property.

I was equally shocked to learn that the EDL had attempted to get permission to use Altab Ali Park following their march.

This really is a deeply provocative and gratuitous attempt by the EDL to use a park named after a young garment worker who was murdered by racist thugs in 1978. I am delighted that Tower Hamlets Council officers have refused permission for our park and the name of Altab Ali to be abused in this way.

Executive mayor, Tower Hamlets Council



Wharfinger The long view



1987 Police chief Wyn Jones shows a metal-tipped flagpole that was used as a spear during the demonstrations at Rupert Murdoch's Wapping plant. Some 6,000 workers went on strike after Murdoch activated union-free printing presses in east London. The strike eventually collapsed on February 5, 1987. Now Murdoch's titles are moving again – to the South Bank.

1999 The first section of the London Eye is lifted into place as the country prepares for the millennium celebrations. It took seven years and the skills of hundreds of people from five countries to make the London Eye a reality.



High Five Wearable tech

You may not have your hands on Google Glass (yet) but there are still plenty of options to adorn yourself with gadgets



Hipkey, £69.95 A clever detection device that keeps tabs on your tech via an app.



Bluetooth Gloves, £49.99 Talk to the hand with these wired-up gloves.



Nike Fuelband, £129 Tracks your activities and rewards you with NikeFuel. Links to app.



Autographer, £399 Wear this camera and it records your day with 2,000 images.



Cookoo Watch, £109.95 Feeds info from your phone apps right to your wrist.

Snapshot

Trends, stats & surveys



■ How many men does it take to perform household DIY chores?

65% Of men aged between 18-24 say they can change a lightbulb compared with 99 per cent of men over the age of 65.

28% Of young men say they can change an electrical plug compared with 82 per cent of oldies.

14% Of men, 18-24, say they can fill a hole in a wall compared with 68 per cent of over-65s.

9 OUT OF 10

insurance employees say they felt proud of their profession, compared with just a third of railway workers and 44 per cent of accountants.



Motorists' Top 10 desired extras for a new car

1. Sunroof
2. In-built Sat Nav
3. Head-up display
4. Parking cameras
5. Digital TV
6. Massage seats
7. Top spec audio system
8. Remote-controlled boot
9. Heated seats
10. Folded seats in boot

Sources: AA Home Emergency Response; Randstad; Best Of The Best;

Digest

The Week In Brief

Aug 22-29 • Round-up of other news from the last 7 days



Photo story

TOWER HAMLETS Students formed friendships with their new classmates before the start of term during two theatrical summer schools.

Hosted by Limehouse-based Half Moon Theatre, the Year Seven intake at Bishop Challoner Catholic Collegiate School and Oaklands Secondary School each created a play to deliver to their family and friends.

Becky Allen, creative learning producer at Half Moon, said: "Young people making the transition from primary to secondary school can find it daunting."

"These summer schools give them the opportunity to be creative, make friends and gain confidence as they familiarise themselves with their new school before starting in September. Above all, they have loads of fun along the way." Go to halfmoon.org.uk.

Appeal for witnesses to stabbing at park festival

TOWER HAMLETS Police are appealing for information after a teenager was stabbed at this summer's Lovebox Festival in Victoria Park.

The 19-year-old victim suffered a single stab wound to his right leg and was treated at an east London hospital following the incident on July 19.

The suspect is described as a black man. DC Dele Alabi said: "This was a vicious unprovoked assault."

If you have any information, call DC Alabi on 0207 275 4548 quoting crime reference number 4218493/13.

Warning signs to flush out the toilet loiterers

CANARY WHARF Police have put up warning posters in the men's toilets at the Tube station following reports of "inappropriate sexual behaviour".

The signs warn those using the facilities, "anti-social behaviour and criminal behaviour is taking place in this area".

One witness to a previous incident told *The Wharf* he walked into the toilets and saw three men, one of whom was on his knees.

He said: "It was obvious what they were doing and I couldn't believe they were so brazen. What if a child had walked in?"

Victim Ajmol receives 8 top grades in exams

TOWER HAMLETS Ajmol Alom, who died after being stabbed in Poplar earlier this month, received eight A grades in his GCSEs, it has been revealed.

The 16-year-old, who went to Langdon Park School, was attacked in Spey Street on August 12. The teenager, who according to his family wanted to be a doctor, also got three Bs.

Headteacher Chris Dunne said: "Ajmol was a very able student and he made full use of his abilities, working hard at school and during after school activities."

'Astounding' number of seals seen in waterways

THAMES Conservationists have made five seal sightings around Docklands and Greenwich in recent weeks as they report "astounding" numbers in the capital and the south-east.

A harbour seal was seen in the Thames at Hilton Docklands in Rotherhithe, while a grey seal was spotted at Millwall Dock.

Unknown species were also noted by The O2, Cutty Sark and Ballast Quay in Greenwich.

Seals have long been spotted in the area, with one in particular – nicknamed Sammy – photographed in Millwall Dock and near Billingsgate.

Councils join forces to try to stop fire cutbacks

LONDON Seven councils have put pen to paper to object to fire station closures across the capital.

Mayor of London Boris Johnson has agreed the closure of 10 fire stations, including Woolwich, Bow and Silvertown with the loss of 14 fire engines and 552 operational posts.

Greenwich Borough Council has written to the Government requesting it overrules the Mayor's decision.

It highlighted Woolwich Riverside's ranking of fourth place for incidence of primary fires in London's 624 wards.

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Residents ready for next planning bid for park

From Page One

"We won the argument over the toilets on Manchester Road, we have saved the park and if anything happens at Calders Wharf it has to be a multi-use community centre – it will not be just for one group."

Cllr Peter Golds, representing Blackwall and Cubitt Town, welcomed the group's formation and said: "Island Gardens Park is there for all of us, not just a select few."

"It always has been for the residents and, God willing, it always will be."

"What we have achieved is the opportunity to bring the Island together."

"Residents, myself, Cllr Gloria Thienel and others worked and worked and worked and we stopped that thing [community centre planning application] in its tracks."

"If we had done nothing I assure you, that would have gone ahead."

"We did it by bringing everyone together and we have to in the same way stop the Calders Wharf scheme."

"If we don't shout and yell and jump up and down then this will happen."

What lessons will be learnt?

"We won by bringing everyone together and we have to, in the same way, stop the Calders Wharf scheme."

Cllr Peter Golds

Mr Pemberton said a petition against the Calders Wharf proposals – which would see a four-storey building created by EastEnd Homes and Telford Homes – had already been launched.

A separate objection list has also been formed in an attempt to put a stop to a beer festival proposed for Millwall Park in October.

Mr Pemberton added it would be important for the group to work with the local authority to see changes made to Island Gardens Park – whether that be reinstating public toilets,

water fountains or the installation of a garden commemorating veterans from the two world wars.

Cllr Golds said: "For years Tower Hamlets believed with the Isle of Dogs it could do what it liked and no-one would say anything. But the Island is going to stand up."

In addition to preserving and protecting the Island Gardens area, the organisation will strive to promote high standards of horticulture and public amenities as well as safeguarding its natural and architectural history.

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Time to put an end to £11.5m tunnel debacle

COMMUNITY

Campaigners seek support for foot crossings

Kay.Lockett
@wharf.co.uk

An action group is looking for supporters to help take community ownership of Greenwich and Woolwich Foot Tunnels.

Friends of Greenwich and Woolwich Foot Tunnels wants to hold those responsible for their management to account, including the failed refurbishment works costing £11.5million.

The works, which began in March 2010, have been beset by delays and remain unfinished while new lifts in Greenwich have proved unreliable and the original contractors have been dismissed by Greenwich Council.

Spokesman Dr Francis Sedgemore said: "The plan was to have the tunnels ready in time for the Olympics, but it

all went wrong when the pot ran dry, and the contractors were sacked."

"There was no attempt by the council to keep the public informed, delays were blamed on 'hidden structures' and people received no response to calls for a detailed explanation."

"For more than a year now no further work has been



Dr Francis Sedgemore

carried out, both of the new lifts at Greenwich are prone to failure, and new lifts have yet to be installed at Woolwich."

"In October, Greenwich commissioned an inquiry into the debacle, but the report has yet to be published."

"We want to re-establish a sense of community ownership."

Dr Sedgemore and

Greenwich Cyclists member Ian Blore are looking for people to support the group, which will keep a close eye on the tunnels' progress.

He said: "The aim is to promote the use and enjoyment of the tunnels and to oversee and hold to account those responsible for them."

"We will work to ensure a high standard of maintenance, appearance and access to the tunnels, represent all tunnel users and lobby for the importance of the tunnels as a transport facility."

A Greenwich Council spokesman said: "The council is in negotiations with the previous contractors and is progressing the procurement of works to complete the outstanding aspects of the project."

"The council regrets the inconvenience this continues to cause and is working to get the tunnels finished in the shortest possible time frame."

"However at this stage no firm timetable can be set."

The inaugural meeting will take place on September 5, at the 10 Centre, Tarves Way, SE10 9JU, 7pm.

Approval likely for tower

Rob.Virtue
@wharf.co.uk

PLANS for a 190m tower at Canary Wharf are expected to get the green light from Tower Hamlets Council.

The building at Heron Quays West, which was previously red sheds until it was recently turned into parkland, will become office space.

Planning officers have recommended the scheme,

also known as One Bank Street, be approved.

The committee is due to make a decision tonight (Thursday). No major objections were raised.

In 2008, a three tower development peaking at 33 storeys was approved by the council. However, this never materialised following the financial crisis.

Under the new plans, the floor space has been reduced from 200,000sq m – under

the previous proposal – to a maximum of 130,000sq m.

The officers report said:

"The principal of a tall building is considered acceptable given the site's location within an established tall building cluster."

Financial contributions include up to £25million towards the Crossrail project, £1.1million for training and £250,000 for improvements to the Heron Quays DLR station.

On the Olympic trail again



Main body of Jessica being lowered into place at Pudding Mill Lane



Jessica will arrive here, at Stepney Green, next year

TRANSPORT

Rob.Virtue
@wharf.co.uk

THEY proved to be world beaters in their sporting fields last year and now Jessica Ennis-Hill and Ellie Simmonds have been called on to attempt another huge task in east London.

Two tunnel boring machines have been named after the stars of the Olympic and Paralympic worlds and will start digging the Crossrail tunnel from Pudding Mill Lane.

Jessica, gold medal winner in the heptathlon at London 2012, is the seventh tunnelling machine used on the project. She took off at the weekend and will make a 1.7 mile long hole to Stepney Green.

Swimmer Ellie, two times gold medal winner last year, will soon join her at the station next to the Olympic Park, building a second tunnel on the route.



Ellie Simmonds, left, and Jessica Ennis-Hill at the Olympics

The names were suggested by students from Marion Richardson Primary School in Stepney.

The tunnelling machines have traditionally been named after key women in British history.

Ada (Lovelace) and Phyllis (Pearsall) created the London A-Z. Elizabeth and Victoria were named after queens, while Mary and Sophia were the wives of railway engineers Isambard Kingdom and Marc Isambard Brunel.

Crossrail programme director Andy Mitchell said: "We're delighted that our final two tunnelling machines, which start their race at Stratford, have been named after two Olympic heroines and will deliver their own tunnelling marathon under London. "The Olympic legacy has transformed Stratford and east London, and Crossrail too will support regeneration across the capital."

Business / Page 42

Free school chooses principal

A TOWER Hamlets school set up by teachers, parents and professionals has appointed its first principal.

Ashid Ali, a former assistant headteacher at Forest Gate Community School, will be leading the London Enterprise Academy when it opens in 2014.

The free school hopes

to have an intake of more than 600 pupils aged between 11 and 16 by 2018.

Mr Ali said the school – which has stated its preferred site is between Aldgate and Watney Market – would help address the shortage of places.



Ashid Ali:
Rigour

"I believe the new school will ensure academic rigour and support young people of Tower Hamlets to achieve the highest standard of education," he said.

For information about open days, go to londonenterpriseacademy.org.



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What's On

Diary Dates

Stage

Tale of treachery and terrorism



★ Inspired by Joseph Conrad's classic novel in which "a foreign power" attempts to blow up Greenwich Observatory, *The Secret Agent* is a chronicle of passion, betrayal and terrorism.

Inspired by early 20th century forms of entertainment, including music hall, magic-lantern and early cinematic techniques, Theatre O tells the story at its heart – that of a woman fighting to protect her young brother from exploitation and violence.

From Sept 4, £19.50, youngvic.org.

Exhibition

Rare glimpse of hand-fan culture



★ Embark on a world tour without leaving London as part of the latest exhibition at The Fan Museum in Greenwich.

The venue is offering a glimpse into hand fan culture and production throughout the globe, including the Caribbean, the African continent and the Indo/Pacific region.

The virtual experience of *Globe Trotting: Ethnographic Fans* also takes in ethnographic examples alongside tourist souvenir-styles.

From Sept 3, £4, thefanmuseum.org.uk.

Stage

Marlowe's king stands alone

★ Edward II is a behind-the-scenes exploration of power, sexual obsession, and a king who treats the realm as his playground.

The National offers a contemporary take on Christopher Marlowe's magnificent, erotic and violent play.

Until Oct 26, £12-£34, nationaltheatre.org.uk.

Best of both worlds in fresh take on Chekhov

STAGE

LA-based company finds resonance and humour in classic tale of Russian class

Beth Allcock
@wharf.co.uk

A tale of existential crisis re-vamped for the 21st century has blazed its way onto a Greenwich stage fresh from success at this year's Edinburgh Festival.

Theatre Movement Bazaar combines movement, dance, song and humour for its "ultra modern musical" *Track 3* – a contemporary adaptation of Anton Chekhov's play *Three Sisters*, a co-production with Greenwich Theatre.

Translating the Russian's work for a modern audience is the hallmark of the Los Angeles-based company and embraces the writing talents of Richard Alger, co-founder and executive director, alongside life partner Tina Kronis, co-founder and artistic director.

Richard said while the characters and story remained largely intact – centred on three high society sisters and their brother uprooted to a provincial town from Moscow – the adaptation strived to "draw out" the playwright's humour and combine physical elements of dance and music.

He said: "It has been a trademark of our company mixing text and movement."

"Things are constantly moving and there's quick dialogue and the physicality can emphasise the message we want to get across and also provide subtext."

"We have done all of Chekhov's major plays and one of his short stories in this style and it is very much one that's unique to the collaboration between Tina and myself."



Take 3, a contemporary adaptation of *Three Sisters*, with added music and movement to keep it brisk



Tina Kronis and Richard Alger

"We really love doing Chekhov. It has a certain eternal quality that really resonates with today's audience. It deals with existential issues we all have – what have I done with my life and what haven't I done with my life?"

"What's interesting is to get rid of the questions concerning who is the hero and not the hero and look at everyone in the system."

He said *Track 3* was typical of Chekhov's style, depicting a family filled with hopes and dreams but unable to act upon them.

The theatre company has returned to Greenwich Theatre for the second time and will be showcasing the play until August 31.

Richard said: "Chekhov fans are getting the many jokes and relating to the drama of Chekhov, while there are other people coming who have never seen Chekhov before – a younger audience who want things to move."

"The physicality coming from dance that invites in a whole other audience is indicative of our company."

Until Aug 31, £15 (£10), greenwichtheatre.org.uk.

Successful summer at the Fringe

A summer spent at the Edinburgh Festival Fringe proved successful for a handful of Greenwich Theatre's co-productions.

Nine of the theatre's shows were presented across three stages at the event with a trio scooping high-profile nominations.

Track 3 [see main story] was put forward for *The Stage's* Best Ensemble Award and *Sam Rose In The Shadows*, which will follow the Chekhov drama on the Greenwich stage in September, was nominated



Sam Rose In The Shadows

for the *Primary Times* Children's Choice Award.

Captain Flinn And The Pirate Dinosaurs, to be staged at London Wonderground at The Southbank

Centre, was also flagged for the same award.

James Haddrell, director of Greenwich Theatre, said: "To have three of our shows standing out from the crowd to pick up these award nominations is a great endorsement of the work we are doing."

"We are delighted to be bringing all three shows back to London, with two of them playing here in Greenwich, to launch our autumn season."

Edinburgh diary at wharf.co.uk

What's On

A gentle interrogator mixes grill and grins

COMEDY Rob Virtue talks to Scottish comic Bruce Devlin

Scottish comedian Bruce Devlin wants to clear up something ahead of the first in a run of monthly slots at Bethnal Green's Backyard Comedy Club.

"The reason it's called *Bruce Devlin's Sunday Roast* is because it incorporates my name and the day of the week – it's got nothing to do with the notorious actions of some Premier League footballers," said the Dundee-born funnyman.

He adds that neither is it a roast in the American sense, in which the target is unmercifully ribbed and grilled by a string of "friends".

For a long time, Devlin has run an interview-based comedy routine in the Edinburgh Fringe and was recently named by *The Guardian* as "Scotland's sharpest interviewer". He finds the best way to get to know people is to treat them with kid gloves.

"I've interviewed people from Lionel Blair to shamed Scottish politician Tommy Sheridan to *Pop Idol*'s Michelle McManus, and I suppose you could say I'm a bit Lorraine Kelly-esque in my style," he said.

"The first thing I do is check out what they don't want to talk about. Surprising people and making them feel uncomfortable by asking awkward questions is not the way to get the best out of them."

"It also helps that I have a face that makes people think 'he cares and I want to tell him everything'. That's a blessing."

The first four to take to the stage at Bruce's debut in the Lee Hurst-owned venue this Sunday are Paul Sinha from ITV game show *The Chase*, Glasgow-born actress and critic Kate Copstick, London



Bruce Devlin:
My roast is
a gentle
affair

W Characterise your style

"I suppose you could say I am a bit Lorraine Kelly-esque."

PR guru Nick Ede and darling of the comedy panel show circuit Katherine Ryan.

"The format is four interviews and a game show section in the middle, which is a free and easy thing allowing people to win things like drinks," said Bruce. "It introduces the audience and helps them get to know me."

Bruce, who has toured his stand-up across the UK and

also performed in the US, signed up to the regular stint at the Backyard Comedy Club after its owner saw him MC at a Leicester Square venue.

But he's still yet to meet the man behind the venue, legendary east London comedian Hurst.

"He's a bit of a Wizard of Oz figure – or maybe Madonna – he's always busy doing something," said Bruce. "I was hoping I could interview him for the first show but he's touring. But I want him at one of the next shows."

"It's a great venue he has though, recently rebuilt and looks amazing, so I'm really excited about playing there."

■ Sunday, Sept 1, 7.30pm, £5
backyardcomedyclub.co.uk

THEME

The Way, Way Back

(12A) 103mins



Having a rough time fitting in, Duncan, 14, finds a friend in Owen (Sam Rockwell), manager of a water park.

Through his friendship with Owen, Duncan slowly opens up to and begins to find his place in the world.

Familiar themes are given fresh, charming treatment by an excellent ensemble cast.

★★★★☆

THEME

Pain And Gain

(15) 129mins



This is based on the true story of a group of personal trainers in '90s Miami who get caught up in a criminal enterprise that goes horribly wrong.

Muscle-bound Dwayne Johnson and Mark Wahlberg work hard but director-Michael Bay is all about the action and forgets the fun.

★★★☆☆

THEME

You're Next

(18) 94mins



One of the smartest and most terrifying films in years, *You're Next* reinvents the home invasion genre.

When a gang of murderers descend upon the Davison family reunion, the victims seem trapped until an unlikely guest of the family proves to be the most talented killer of all.

★★★★☆



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from 'Capital FM'



Jonny Awsum
6th September
"He's awesome!"

Rob Heeney
7th September
'Excellent Material'



Angie McEvoy
7th September
Always enjoyable...

Katherine Ryan
1st September
'Mock the Week' & QI



Roger Monkhouse
7th September
An enquiring mind



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Sunday 1st September



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Sunday 22nd September

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Sunday 29th September

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Terms and conditions: Please note all tickets booked in advance must be collected in person 45 minutes before the advertised start time or a £3 late arrival fee will be charged to each person arriving after that time. You cannot collect tickets for people not in the premises.

*Special event times may differ – please check ticket purchase confirmation. Over 18's only.

What's On

MUSIC



Hotel Cabana
Naughty Boy
★★★★☆

The British-born Pakistani singer-producer has been creating top 10 records since 2005 when a *Deal Or No Deal* win bought him a studio.

His experience shines through on *Hotel Cabana*, an accomplished and polished album featuring a who's who of today's fresh and charting artists, including Emile Sande, Ed Sheeran and Bastille. The resulting sound is varied, and makes for an interesting listen on a fun pop album. **NG**

DVD



Olympus Has Fallen
15 (119mins)
★★★★☆

Olympus Has Fallen is an exhilarating, testosterone-fuelled thriller cast in the mould of *Die Hard In The White House*.

Overblown action sequences, realised with inconsistent digital trickery, guarantee a healthy three-figure body count in the opening hour alone. Common sense and plausibility are strangers to the script, which sees a Secret Service agent (Gerard Butler) come to the rescue of a president held hostage. Morgan Freeman and Aaron Eckhart lend gravitas. **DS**

BOOK



The Bone Season
Samantha Shannon (Bloomsbury)
★★★★☆

Bloomsbury have paid £100,000 for this debut from the 21-year-old. It is the start of seven planned books and the film rights have already been snapped up.

Set in 2059, it concerns clairvoyant Paige Mahony who breaks into criminal's minds.

That is, until she is attacked and transported to a secret city controlled by the Rephaim, a race from another world where she is kept as a slave.

She must discover who's who and what's what. **RD**

I swapped corporate jungle for warrior life

BOOKS My life, and values, changed forever, adventurer Mindy tells **Hannah Stephenson**

What drives a middle class entrepreneur with a love of Chanel and Louis Vuitton to swap her city life for one in the wilderness of the African bush?

This was the choice of city high-flyer Mindy Budgor, who joined a Maasai tribe and found herself drinking warm animal blood and tracking lions by sticking her finger in faeces.

Today, reminders of her Maasai adventure are scattered around her Manhattan apartment, including her sword and spear, which she used to ward off buffalo and other beasts, while she still wears the bracelet of colourful beads given to her on the day she was inducted into the tribe.

"I also wear a ring made of buffalo horn. It was a buffalo we ended up killing because it was going to kill us," she adds.

The 32-year-old adventurer has charted her experiences in her book, *Warrior Princess*.

In her early 20s, the go-getting entrepreneur had already sold her first business – a concierge laundry service for students which she began while at college – for a tidy sum.

She bought a condo, got a job and joined the corporate treadmill in Chicago, but couldn't find anything that motivated her.

She decided to apply to business

school but, while waiting for a place, a friend told her about a trip she had taken to build a clinic in the Maasai Mara, a game reserve in Kenya named after the Maasai people.

Instantly, Budgor was hooked.

"I felt my values were a bit out of sync and that I was focusing too much on reaching a finish line," she says.

"As soon as I landed, I saw these tribesmen walk into the forest with just a spear and a sword, with complete confidence, and there were lions and elephants out there.

"I thought if I could just have one per cent of that warrior perspective, I'd be in a more authentic place in my life."

On the initial two-week trip, she befriended a Maasai chief called Winston, who told her that women couldn't become Maasai warriors because they weren't brave or strong enough.

"I said, 'Excuse me?' I knew warriors had more rights than typical Maasai women did, more access to education and weren't married off when they were 12.

"I knew that warriors were there to protect their community, never hide from an animal and when resources were slim, they'd go hungry first.

"Winston said, 'Well, if you're willing to leave your high heels behind, I'll take you through the rites of passage.'"



Mindy Budgor

Lion poo, goat killing and blind fear

The challenges that Mindy Budgor faced in the African plains were immense.

She said: "The mental side was the most difficult. It took a week or two for me to stop being paralysed with fear," she recalls. "Every time I saw a tree branch break, I would think an elephant was coming and I would tense up. That's not how a warrior operates. It hindered my ability to be in the moment.

"As for the physical side, on a daily basis it was completely gruelling, from learning how to use a spear,

which ripped up my hands, to going head-on with animals.

"A major turning point for me was when we came face-to-face with a buffalo. Up until then, I'd turn and run in the other direction and climb a tree.

"But six weeks in, I charged towards the buffalo and threw my spear, which landed in the buffalo's butt. At that point, the warriors said, 'She is strong and brave enough to be one of us.'"

During her induction, she had to suffocate a goat, which the Maasai



John Olenkiti holds a cluster of arrows in Maasai Mara in Kenya

MY VALUES

■ The African experience has changed Mindy Budgor's values.

■ "I still like shiny, pretty things, but if they're not in my life, that's fine. They don't define me."

■ "These days, fear is not something I let stop me. If there's a challenge, I don't think about not being able to achieve it."

■ Today, four years on and living in Manhattan, she says she still lives by the warrior principles.

■ "Everything the Maasai do is for the community, so there's an element of selflessness that has seeped into my bloodstream."

Over the course of three months, she lived with the Maasai, sleeping on leaves in the forest, encountering elephants, snakes and other perils, only eating what they could kill.

She wore what they wore – crude cotton sheet-like garments tied at the neck, with a belt around the waist, where her sword was secured, and a pair of makeshift flip-flops the tribe had made out of old tyres.

Personal hygiene may have been low on the agenda, but she kept her 'Red Dragon' Chanel nail polish on at all times to remind her of her former life and to give her extra courage.

"I have to tell you, when I was climbing a tree and I'd see this red nail polish, it made me take an extra step."

She lost a lot of weight – she calls it the Maasai melt – and admits she missed some home comforts.

"I missed Oreos and bottled water."

In January she's returning to Africa to climb Mount Kilimanjaro with a group of women who are part of the next warrior class.

"You don't have to be Maasai to be a warrior, you don't have to drink goats' blood, but I believe there's a warrior within everyone. I want to get that message out."

Warrior Princess by Mindy Budgor is published now by Allen & Unwin, £12.99.



Fashion

CORRIDOR CATWALK



Men's coat, £59, Suit, £179, Shirt, £25, Tie, £16 Marks and Spencer Westfield Stratford City marksandspencer.com



Oxblood peacoat jacket, £249, Austin Reed, Cabot Place Mall, austinreed.co.uk



Collezione shirt, £35, Marks and Spencer, Westfield Stratford City marksandspencer.com



Wakefield Satchel, £149 Hobbs, Canada Place Mall hobbs.co.uk



Autograph dress, £69 Marks and Spencer Westfield Stratford City marksandspencer.com



Brush check jumper with chiffon back, £40 asos.com



V-neck texture jumper, £35 River Island Cabot Place Mall riverisland.com

Cocoon coat, £375, Top, £140, Bag, £299, Micro floral jacket, £275, Micro floral trouser £160 Jaeger Cabot Place Mall jaeger.co.uk



So you're back, from yurt rigging in Outer Mongolia and you need something sober for the office? **Beth Allcock** helps

MALL TRAWL

Deals offers and bargains compiled by Beth Allcock and Kay Lockett

PANDORA

Get a free leather bracelet at store

★ Whether you're choosing a new charm, picking out a ring or starting your Pandora collection from scratch, take advantage of the store's latest offer.

The jeweller, which has a branch in Cabot Place Mall, is offering a free leather bracelet with a £75-plus spend. Offer runs until September 1. Go to pandora.net.

TIFFANY & CO

Fizz launch for new jewellery range

★ Discover the jewellery setting the autumn trends at Tiffany & Co next week.

The Canary Wharf store will showcase its Atlas range, inspired by the Roman Empire, at a Champagne reception on Monday from 6pm. To secure a place, email adam.cummins@tiffany.com or call 020 7001 9170.

JOY

Spend £75 and get a zebra print bag

★ Treat yourself to some new season style essentials and scoop a free bag from Joy's online store.

The fashion website, which has a shop in Greenwich, is offering customers a zebra print bag to hold all their autumn must-haves, when they spend £75 or more on the joythestore.com site. Go to joythestore.com.



Get this bag for free at joythestore.com

CADENZZA

Get £10 discount on Gaultier bling

★ If you fancy showing off some bling designed by fashion heavyweights including Jean Paul Gaultier then head to Cadenzza in Westfield Stratford City.

The jewellery store recently launched its autumn collection – with a £10 discount for shoppers when they spend £60. Go to cadenzza.com.

Health



Victoria Beckham's trademark handbag pose has given a new name to pain derived from aping the style

Dealing with health problems caused by the modern world



Our fitness guru **Laura Williams** has some coping advice

Last week I received a press release on a new condition dubbed "Poshitis". Initially I thought this was some new strain of food poisoning that affected those who frequented expensive restaurants, but no.

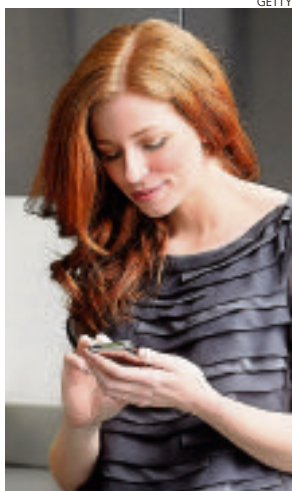
It turns out it's the name some bright PR spark has come up with for torn and inflamed muscles caused by carrying large, overstuffed, handbags in the crook of an elbow à la Mrs Beckham. Of course, it used to be called Chanel Shoulder but that was a different campaign.

On a more serious note, the modern world, its fashions and technologies, can damage our health when we interact with them. Here are some of the most common modern maladies – and how to fix them (without throwing the iPad away in favour of a block of stone and a chisel):

■ POSHITIS / CHANEL SHOULDER

What is it? Upper body muscle and tendon strain caused by carrying oversized handbags packed with "necessary" stuff.

So what's the solution? Switch your handbag to your other arm regularly and try and lighten the load. Ask yourself: is a pair of flats, a Kindle



Happy now, but prolonged use could lead to painful Text Neck

and a washbag is really necessary for a 20-minute commute.

Alternatively strength-train your trapezius, rhomboids and lats so that these back muscles are up for the job. Failing that, treat yourself to some health insurance.

■ BLACKBERRY THUMB

What is it? The first of the techno Repetitive Strain Injuries – this is the repeated use of your thumb (which lacks the dexterity of your other fingers) when using a smartphone leading to an aching and throbbing of the thumb and other fingers.

So what's the solution? Vary the

W Got tips for tablet hunch?

"Keep your tablet in your field of vision or just below when in use to improve your head and neck posture."

Laura Williams

fingers you use to text or type, limit the length of time you're typing on a smartphone, and give yourself regular hand massages.

■ TABLET HUNCH

What is it? Neck and back pain that arises from using your tablet too far below your field of vision.

So what's the solution? A Harvard study found head and neck postures can be improved by keeping your tablet either in your field of vision or just below – you can adjust your seating to achieve this.

Also aim to keep your neck straight, shoulders relaxed and arms positioned by your side.

■ TEXT NECK

What is it? Headaches, neck, arm and shoulder pain arising from the head and neck being bent forward for prolonged periods at a time.

So what's the solution? Make sure you take regular screen breaks either from your phone or laptop; sit up straight while texting; pause to roll shoulders back and down, and take regular breaks from offending devices.

Kettlebells are a sport as well as an exercise

INTERVIEW

Personal trainer lifts the lid on his favourite Russian training method, writes **Beth Allcock**

An intensive two days filled with kettlebell training, tips and techniques proved a "eureka moment" for Reebok Sports Club personal trainer Tim Joseph.

And the fitness equipment – which can weigh in at a hefty 32kg – will be in particularly high demand at the Canada Square gym this Sunday, as more than 100 professionals compete at the British Kettlebell Sport Open Championships.

Russian world record holder Anton Anasenko will taking to the Sports Hall stage with a personal best of 170

stage and here you have got as grand a stage as you could want.

"I've been involved from the start of the kettlebell sport in the UK and it has grown a bit.

"It's only come out of Russia recently and since the Iron Curtain came down, we have had a closer look at the training techniques and how the Russian Army trained.

"People think of kettlebells as a new technique but, in Russia, they have been training with them for centuries.

"After my two days' training six years ago I thought 'wow, that's the way to train, that's how we should be training'. The whole thing started to snowball from there."

The 39-year-old, who has been working at Reebok for the past three years, currently holds the UK 32kg kettlebell biathlon record at 83 jerks and 129 snatches.

And for those hoping to catch a glimpse of the kettlebell kings at work on Sunday – getting a firm grip of the lingo will be key. The competition centres on weights for women from 8-24kg while men take on equipment spanning 16-32kg.

With the jerk movement, you rest your elbow on your pelvis and push the kettlebell above your head using two dips and finish with a straight arm. Snatches involve swinging the equipment upwards from the floor, driving from your hips.

Competitors eke out as many repetitions as they can – without putting the iron weight on the floor – during two 10-minute periods.

Back on the gym floor, Tim said his approach to kettlebells was two-pronged.

He said they were great either for gym-goers keen to tone up, lose weight and improve core strength or those interested in the competitive side. Tim runs a dedicated group for the latter and five of its members are set to take on the championship challenge alongside him.

He said: "It's always nice to see people develop. They have taken the journey from lifting next to nothing to really lifting good amounts for their body weight."

For more about the event, go to the Facebook page or girevoysportunion.wordpress.com.



Tim Joseph holds a British record

jerk repetitions in 10 minutes. While Tim said he felt honoured to compete against the "legend", he also hoped bringing the tournament to London would help raise its profile.

"It's about expanding the sport and bringing it out from underneath the radar," said Tim, who chatted about the idea with fellow enthusiasts during -20C training sessions in Siberia earlier this year.

"We were looking at giving the British Championships a grander

PICTURES BY BEN BROOMFIELD



One-on-one: Tim teaches Beth how to jerk and snatch during a personal training session at Reebok

**WHAT IS IT?**

Instead of undertaking one of Tim's general kettlebell training sessions, I practised the jerks and snatches the competitors will be undertaking at the venue on September 1, using equipment weighing in at 4kg and 8kg (the lowest weight women will be lifting in the championships).

WHO IS IT FOR?

These exercises are generally for those who have lifted kettlebells before and want to take their training to the next, competitive level, but for me it was a good introduction to the technique and skills needed.

FITNESS BENEFITS

Incorporating the equipment into your regime – whether it be as part of personal training or on the competitive side – can help weight loss, improve your strength, boost core stability and generate muscle.



Tim and Beth work together to master the tricky kettlebell jerk

THEY SAY

“Tim said: ‘There are a lot of financial people in this area and a lot of it clicks with them, as they are dealing so heavily with numbers. Because of the kettlebell repetitions, you're always thinking in terms of 10 minutes, I can do 11 reps for each one – it's good for people really into numbers.’”

WE SAY

“As a newbie, the jerk technique with its stomp and dips was quite daunting, and I initially struggled to master a smooth movement for fear of dropping the weight. I fared better much better with the snatch and managed more than 20 reps on each side. A satisfying and effective workout.”

DETAILS

Members of Reebok Sports Club can book a dedicated personal training session with Tim by calling 07793 073 526 or email tim@tim-joseph.co.uk. For information on becoming a gym member, go to reebokclub.co.uk.



Kettlebells sit on racks ready for use by gym-goers

OTHER KETTLEBELL DESTINATIONS

★ Virgin Active Canary Riverside Health Club run 15-minute kettlebell sessions on the gym floor throughout the week. This is the perfect introduction for those new to the equipment.
Go to virginactive.co.uk/clubs/canary-riverside

★ Burn It Fitness in Blackheath offers sessions for beginners to give them an introduction to kettlebell training. The outdoor fitness organisation also provides bootcamps for those who are more experienced.
Go to burnitfitness.co.uk.

★ Take on a kettlebell challenge with the help of a personal trainer. Esteem Fitness' staff will meet you at home, work or gym and can go through the exercises in a one-to-one session. A great starter option.
Go to esteemfitness.com.

WELLBEING

Simple ways to banish the blues and feel fantastic

Abi Jackson
The Wharf

Forget expensive spas and yoga holidays, sometimes it's the simple things in life that make all the difference.

I've put together eight cheap, cheerful and easy ways to boost your spirits.

1 Crank up the music. We don't need scientific proof to convince us of the inspiring powers of music but scientific proof does exist. Earlier this summer, a study by the University of Missouri in the US found listening to uplifting music boosted mood.

2 Go for a walk. It's free, you can do it anywhere, and it can be as strenuous or relaxing as you want it to be – the benefits of a good stroll are certainly endless.

3 Catch up with a friend. When it comes to feeling happy, studies have found people who regularly have a coffee, for instance, with a close friend are happier than those who focus more on big rewards, like expensive holidays.

4 Write a letter. With email and mobile phones, instant communication has become so



Take a stroll to make you happy

easy, but it lacks the meaning of an old-fashioned letter.

5 Wear brights. Have you ever stopped to wonder why going for a stroll on a bright summer's day, when all the flowers are in bloom, really lifts the spirits? Our moods respond to brightness and colour so jazz it up.

6 Browse old photos. Whether it's a wedding or a holiday when the children were young. A healthy dose of nostalgia can be comforting and reviving in the darkest of times.

7 Reach for the trowel. Earlier this year, a survey by *Gardeners' World* magazine revealed 90 per cent of gardeners believe their hobby boosts their mood. People who regularly gardened were less likely to report depression too.

8 Do a good deed. Studies suggest helping others is not only good for them and a great thing to do generally, it makes those who do it happier and healthier. Opportunities to show kindness are everywhere, even simply holding open a door.

Food

TASTING NOTES

Food and drink round-up

DAVY'S

Book now for a wharf tasting

★ Davy's at Canary Wharf is hosting a wine tasting next month.

The bar and restaurant at Fisherman's Walk is holding the event on Tuesday, September 17, between 5.30pm-8pm.

A selection of 50 wines will be available for Wharfers to sample, with knowledgeable experts on hand to answer questions from guests.

Tickets start at £20 – refundable when you buy a case of wine – and are also available at higher prices with food.

Go to davy.co.uk for more information.

20% discount

★ West India Quay's Browns celebrated the company's 40th birthday last week. In 1973 its Brighton branch opened, with the Docklands venue following in 2001. Management at the Hertsmere Road bar and restaurant invited guests to a cocktail evening with canapes. To celebrate the birthday it is offering **20% off** food and drinks when ordering from the A la Carte menu Monday-Friday if you download a voucher from browns-restaurant.co.uk.

GREGG'S BAR AND GRILL Wallace shuts up south of Thames

★ Masterchef judge Gregg Wallace will have one less thing on his plate after it was announced his south London eatery would close later this year.

Gregg's Bar and Grill at the Bermondsey Square Hotel is to shut after its owners said the deal had come to a "natural end". The grill received negative reviews with its failed attempt to revive food such as Spam fritters.

ROYAL CHINA

Free tea to mark significant date

★ Enjoy a complimentary brew on Canary Riverside to mark a significant day in the Chinese Lunar Calendar.

The Double Ninth Festival, on October 13, will be celebrated at Royal China with free cups of Chrysanthemum tea for all diners. The drink is alleged to counteract an excess of Yang apparent on the date. Go to royalchinagroup.co.uk.

Peruvian delights conspire to create remarkable meal

This restaurant is not new but provided me with the best dining of the year so far

REVIEW

Lima

Fitzrovia

My neighbour is in South America at the moment, beaming back stunning images of natural beauty and boasting on Facebook about the brightly coloured markets that are fleecing her senseless.

But I'm not jealous, although I wish she'd return speedily as watering her extensive plant collection is a lengthy and dull business.

Horticulture aside, the reason no green-eyed monster dwells in my breast is Lima.

Like so many things in London, you can live here and travel several thousand miles in a couple of Tube stops. Sooner or later anything that's any good washes up on the shores of the Thames and that includes Peruvian cuisine.

I'm a little behind the curve, of course. Lima's not new. It's been here for 11 months. But if you haven't been, prepare yourself for an onslaught of paragraphs browbeating you into submission.

It's not often I gush, but the meal I ate there was the best I've had this year. It was fresh, an Andean mountain



Above, lamb shoulder "seco" with eco dried potato, pisco mosto verde and crazy pea (£22)
Left, Scallop tiradito with rocoto aji pepper and chia seed (£12)



stream blasting out the cobwebs. Hot, the blistering cherry of molten iron. Indulgent, collapsing on a bed with silken sheets.

Scallops, octopus, beef, halibut, lamb and ice cream. All were superbly

presented and delivered; a rainbow of tastes. The service was pitch perfect too. Knowledgeable staff helped with foreign ingredients and wines.

And that's before I even mention the Vinedo de los Vientos (£39) – a

Uruguayan dessert wine that brings chocolate, cherries and the hush of a hot night in paradise to the mouth.

If I ever gave six stars, this simple, neutral, buzzing space would be the recipient. Apparently it's tricky to get a table. All I can say is the experience will be worth twice any effort to secure one.

Jon Massey

Lima, 31 Rathbone Place, Fitzrovia, London, W1T 1JH, 020 3002 2640, limalondon.com.

Our verdict

If the sixth star were ever to be awarded, Lima would get it

★★★★★

Fine simplicity that won't stir the depths

REVIEW

Fish Market

New Street

This restaurant, part primary school classroom, part fishmonger's slab, is a quarter of D&D's sumptuous offering in New Street.

And, despite the grand red leather opulence of New Street Grill, the unbridled hedonism of Old Bengal Bar and the refined sampling of New Street Wine Shop, it's the best.

Seafood is big in London right now but Fish Market jumped the gun when it opened last year and, under the none-too-delicate hands of head chef Barry Macmillan, it makes a decent fist of things.

Kitted out with basic wooden touches, it's an informal, comfy gaff

with all the fruits of the sea in pride of place along a glorious marble bar. The service, however, while swift and slick feels a little formal for the soft edges.

Seeking simplicity oysters (£2 each – a sensible way to price) are followed by seared sea trout Nicoise (£16.50).

The former delivers the harsh punch of the sea, tempered by the clean bite of fresh lemon juice. The double As are plump, satisfying and difficult to fault.

To cut through, a bottle of Sancerre La Clochette, well priced at £36, proves a tuneful backing vocalist to the main event.

The generous slab of sea trout that arrives is sensitively cooked and so light you wonder, after consumption, whether it was ever really there at all.

And this, conveniently, is an



Fish Market's interior blends primary school chairs with fishmonger chic

allegory for the whole experience. Fish Market is not an establishment of depth. The kind where you get a meal you're still talking about in five years' time.

Instead it's a return to dining functionality – a sort of modern, take on a chop house. You can go there anytime – it's even open for breakfast – get a decent feed (far

in excess of the quality of traditional city canteens) and be out of the door satisfied and without a backward glance, fast.

You'll probably feel a modicum of fondness, but it won't stir the depths. And that's fine, because everywhere you go doesn't need to dazzle and daze with its potency, shiny interior and micro herbs.

Sometimes you just want some good food in a pleasant location. Fish Market manages this with minimum fuss and maximum value.

Jon Massey

Fish Market, 16B, New Street, EC2M 4TR, 020 3503 0790, fishmarket-restaurant.co.uk.

Our verdict

Sometimes you just need a good feed and this is the place

★★★★☆

Business^{extra}

+
**Your
Money**

Trio still in the game despite dragons' fire



Trio in front of the TV dragons

TECH

Beth Allcock
@wharf.co.uk

A TRIO of east London businessmen braved the fire of *Dragon's Den* to pitch their trivia game, Linkee.

Dalston-based Dean Tempest, Tristan Hyatt-Williams and Ben Drummond faced the judges to showcase the world's first crowd-sourced family challenge, which claims to be a "shouty-out quiz game with a twist".

The twist is the correct answer won't win you the Linkee title – instead unearthing connections between them will.

Although the co-founders were unsuccessful in securing financial backing from Duncan Bannatyne, Kelly Hoppen, Deborah Meaden, Piers Linney or Peter Jones on the show, screened on Sunday, the game has found its way onto the shelves of John Lewis and online retailer Firebox.com.

Dean, 26, said: "Since we filmed the episode, Linkee's popularity has shot through the roof and we're really excited about what the future holds for our game which, until a year ago, was merely a prototype gathering dust in an office drawer." *Linkee is suitable for ages 12 and above, £19.99. Go to playlinkee.com.*

Bid to turn office space into homes

GREENWICH Space earmarked for offices could be used for flats if Greenwich Council gives an application the green light.

Cunnane Town Planning, acting on behalf of its clients, has put forward proposals to change the use of Block C at the Creekside Village West development, wrapped around the Laban Centre in SE8.

The building was originally granted planning permission for use as offices but the conversion would see the creation of 37 homes.

Late payments store up cashflow trouble

SME More than a quarter of London's small and medium businesses are experiencing cashflow problems, according to a recent poll.

However, the number of those undergoing cashflow issues had fallen from 36 per cent to 28 per cent in the last six months. Over half those experiencing problems attributed them to late payments.

Lloyds TSB Commercial Finance's bi-annual Business in Britain survey questioned 1,700 firms.

Behind The Scenes

Savile Row, the high-end, bespoke glasses manufacturer began trading in 1932 and is the only frame maker left in Britain, working out of a factory in Stratford. Many of the original machines are still used to hand-craft the glasses, which have been worn in Hollywood films by Harry Potter, Denzel Washington and Johnny Depp.



Above, Chandrika Pankhania, above, an employee at Savile Row, creates a pair of spectacles. Left, templates for the frame shape of spectacles. Right, various tools used in spectacle construction. Below, components are assembled.

OLI SCARFF/GETTY IMAGES



Business Traveller

News, tips, gadgets etc

Flying feast draws unwelcome guests



AIRPORT The humble cockchafer flying into London City is causing a headache for airport bosses.

The small flying insects are gathering in large numbers to mate after a long, hot summer.

That means an increase in bird activity in the evening as the feathered foes feast upon the insect.

LCY uses heavy pyrotechnics to deter birds alongside bird-scaring cartridges and dispersal rockets.

"These methods are closely controlled and all the operatives are acutely aware of the need to minimise noise as much as possible," the airport has told its neighbours.

App of the Week



★ Who says dental can't be fun? Well Virtual dentist surgery certainly is, and it just happens to have educational value too. It'll help you keep your smile in perfect condition and, using the very latest dental knowledge, allows you to fill, clean, extract, remove stains, give X-rays and all manner of other procedures. Free at Google Play

Shelling out for the latest playground gadgets

YOUR MONEY

Back to school, back to spending. A new report from John Lewis has found that the cost of today's school uniform, school bag and its contents has doubled in real terms since the '80s.

The study into the most popular items that children carry around said that parents will be looking at forking out the grand sum of £550.80 to send their child back to school. This includes around £100 on a school uniform, £7.60 on lunch, drinks and snacks, £19.70 on a new school bag and £46.10 on text books and stationary.

The big increase comes from the fact that the days when a calculator and a shatter-proof ruler were the



snaazziest pieces of kit for a schoolbag are long gone.

Almost half (45 per cent) of children were found to take a smartphone with them to school. The 2013 school bag results show almost a fifth (18 per cent) of secondary school age children are taking an MP3 player, one in 20 are opting for a tablet or laptop and one in 50 are carrying an eReader.

So how can you get the best value when sending your child back to school?

Some parents put off shopping for a school uniform until the last minute to avoid the problem of summer holiday growth spurts, but buying early will give you more time to shop around for the best deal.

Deborah Heston, deals expert at consumer help website Money-SavingExpert.com, says parents should look beyond just the price tag and consider how long they need the clothes to last for.

She says: "If you want to hand down uniforms to younger kids then consider investing in items you know will last longer."

"If your kids are the type to rip clothes or get them mucky beyond

repair, then buy cheaper and replace as you go throughout the year."

Name-labels will help ensure the clothing you've bought does not go astray on the playing field, leaving you shelling out for replacements.

As more youngsters are carrying high-tech goods around with them, you might also want to think about buying some tags which can be used on gadgets. Also check that your insurance policy covers potential damage or the loss of these items while they are at school.

Children often crave the latest technology craze or gadget, but it is important to work out which item will be the most useful as a study aid and which is better suited to leisure time use at home.

Vicky Shaw

LondonEYE



NEIL HALL



IN COURT Former Radio 1 DJ, Dave Lee Travis, real name David Patrick Griffin, leaves after appearing at Westminster magistrates' court on Friday. Travis is charged with 11 counts of indecent assault and one count of sexual assault.

PHILIP BROWN



RAIN STOPS PLAY England's captain Alastair Cook smiles while sitting on the dressing room balcony as the second day of the fifth Ashes cricket Test match against Australia was delayed by rain at The Oval cricket ground.

SUZANNE PLUNKETT



BIRTHDAY TRAGEDY A taxi drives past a makeshift memorial to nursery teacher Sabrina Moss who was shot and fatally wounded in Kilburn. Moss, who was attacked on Friday while out celebrating her 24th birthday, died later in hospital. Police say she was in the wrong place at the wrong time. Another 24-year-old is also in hospital.

SUZANNE PLUNKETT



BOUNTIFUL HARVEST

Blackberries are seen in the rain at Paddington Cemetery in London. After experiencing one of the wettest and coldest springs on record Britain's green patches are reported to be delivering one of its most plentiful wild harvests.

SUZANNE PLUNKETT



JUDGE'S RULING Gwendolen Morgan, the lawyer for David Miranda makes a statement outside the High Court in London on Thursday. The British authorities can sift through documents seized from the partner of a reporter who wrote about the leaks by Edward Snowden to protect national security and investigate any possible links to terrorism, a court ruled.

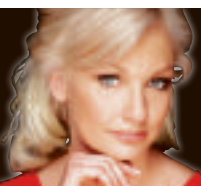
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Listen to your inner voice and don't be led by those who want to see an end to you asking questions. The people who are still there are the friends to keep.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Life is not measured by the amount of friends you have, but the quality of the close ones we have by our side. Time to get rid of those you don't need.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

If you look positive, you'll feel much more positive. Remember this Aries, especially when meeting and getting to know new names and faces at night.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

If you were thinking of going back into education or of trying to expand your knowledge in any way then this is a great weekend to lay down a game-plan.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Teamwork is what is needed to make this weekend the best it can be socially. The home needs your time and money so call a few favours now.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

You had a problem, you got over it and now you need support to keep on a positive path, rather than naive friends who keep temptation in front of you.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Favours you ask of friends come at a price, so try to make sure that you ask them what they want in return before you accept their help. Go steady Leo.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Too much attention on your personal life has led you to make decisions that have nothing to do with who you really are. Do you really want to live life?

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

You have a lot on your mind as I can see that from your chart, but you'd have a lot less to worry about if you thought long term rather than short term.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

It's the little things you say and do this weekend that matter. You also need to stand up to someone who has and will continue to bully you if you allow it.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Nobody ever achieved the impossible by saying, "I can't". Start today on a positive note and make the most of your dreams. The stars have them safe.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Don't tell tales on friends this weekend Capricorn. Why? Because it will come back on you like it did before. Put your energy into your own friendships.

Contact our psychics to get a FREE personal CD of your reading

Live psychic

Call a live psychic for your personal consultation on 0906 174 2078

To pay for psychic reading by credit card, call 0800 063 0909

Live text

Text a Psychic: Just text CLA13 and your question to 86010 and one of my psychics will give you a reading

Dinner and a Movie



★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema. To be in with a chance of winning, just tell us the name

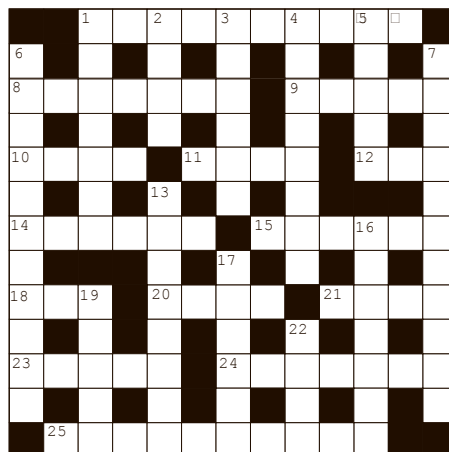
of this actor who makes an appearance in rites-of-passage movie *The Way, Way Back*.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is September 5, 2013.

You must include your name and postal address.



Crossword



ACROSS

1. Board game (10)
8. Not artificial (7)
9. Place for overnight stay (5)
10. Sticky earth (4)
11. Opposite of short (4)
12. Peculiar (3)
14. Pay attention (6)
15. Wall pass (3-3)
18. Parent (3)
20. Spool (4)
21. Twist out of shape (4)
23. A colour (5)
24. Sea captain (7)
25. Number of people present (10)

DOWN

1. Double-crosses (7)
2. Thick paper (4)
3. Horse's gait (6)
4. Wood type (8)
5. Surpass (5)
6. Apply oneself diligently (7,4)
7. Large heavy shoes (11)
13. Regain possession of (8)
16. Tread on and crush (7)
17. Tantalised (6)
19. Move aimlessly (5)
22. Potter's oven (4)

DOWN: 1. Betrays; 2. Card; 3. Gallop; 4. Mahogany; 5. Outdo; 6. Knuckle down; 7. Clodhoppers; 8. Natural; 9. Hotel; 10. Clay; 11. Long; 12. Odd; 14. Listen; 15. One-two; 18. Dad; 20. Reel; 21. Warp; 23. White; 24. Skipper; 25. Attendance.

Sudoku

EASY

6	1				3	5		2
		5		1		4	9	8
8	9	2	7	5	4	6		3
		3		8			4	5
7				4	2		3	9
9			5	3	7	1	2	6
	3			6	5	2	8	
5		9		2	1	3	6	7
2	6				8	9		4

HARD

	3	8	5	6	9			1
2				3	1			
		1		5		4		
		6				5		
3		9			8	2	1	
	8			1	5			
6					4		8	
				2			4	

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

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THE FANS' ROAR

By Ian Toal

At least we're off the mark with a point

Millwall Supporters Club
millwallsupportersclub.co.uk

At last we are off the mark in terms of goals and points. We might still be awaiting our first league win of the season but after a dismal start we will gladly take what we can.

We needed an own goal from Sheffield Wednesday defender Kamil Zayatte to open our account. That looked insufficient as we went 2-1 down but a penalty for a foul on Richard Chaplow was netted by Andy Keogh.

Again, stand-in goalkeeper Stephen Bywater showed his vulnerability to crosses for the Owls' equaliser. Watching how bad he is at dealing with the cross-ball, I'm amazed at how he's been a Championship goalkeeper for so long.

I'm starting to wonder

whether Andy Marshall, our 38-year-old reserve keeper, signed on a short contract, should be given a go.

It is not ideal to favour a stop-gap over someone who has been given a much longer contract, but we can't keep on giving chances away to the opposition every time they get a corner or put a cross in the box.

But Bywater did make a great one-on-one stop later to keep us to just 2-1 down. He seems to be one of those goalkeepers who is a good shot stopper but leaves the defence panicking every time the ball comes into the box.

We also picked up a few injuries in the week leading up to the Sheffield Wednesday game.

Steve Morison is out for about four weeks after having a hernia operation; Jermaine Easter missed the match at Hillsborough due to a hamstring problem; and James Henry was missing through illness.

Whoever plays needs to help us to our first league victory before the confidence drains from the squad.

Brighton v Millwall, Sat, 3pm

Ian Toal is running the Great North Run Half Marathon on September 15 and then a fortnight later, the Loch Ness Marathon on September 29 to raise money for The Finlay Cooper Fund, set up by former Millwall defender Colin Cooper in memory of his son.

Sponsor him at virginmoneygiving.com/ianToal and see more about the charity at finlaycooperfund.co.uk.

Powell still upbeat despite Cup defeat

CHARLTON

Manager describes performance as 'heart-warming' but Addicks lose out

Rob Virtue
@wharf.co.uk

Charlton manager Chris Powell cut a frustrated figure after the wash-out at home to Doncaster at the weekend.

But three days later, despite crashing out of the League Cup 3-2 at Huddersfield, he was in a much more buoyant mood.

The Addicks boss called in his squad for extra training on Sunday after the team went in at half-time 3-1 down against Doncaster before the referee abandoned the match due to a water-logged pitch.

Powell said the squad did "a bit of soul searching" and he was impressed with the response against Huddersfield.

He said: "It was a really heart-warming performance in the first half but we didn't have the goals in the end."

"We had the goal to put us 1-0 up, but they only had two attacks and scored one. We have got to be disappointed with that, but we could have been easily two or three goals to the good at half-time."

The defeat at Huddersfield – in which Dale Stephens and Marvin Sordell scored – saw Charlton use a wing-back system with Lawrie Wilson and Cedric Evina operating down the flanks.

Powell hinted the 5-3-2 formation could be used more regularly.

"There are some lads who are saying



Charlton's Bradley Pritchard in action against Doncaster at the weekend

to me they want to be in the team so I gave them a chance and they certainly showed [their desire]," said Powell.

"There are some very good performances – my midfield three were good, we have good balance in defensive areas, the wing-backs took to the system well."

The Addicks manager said he was delighted to have Johnnie Jackson back in the squad after a calf injury sidelined him.

Powell said: "He is my captain and

he leads by example. We wanted to give him an hour and see where it took him but he got 80 minutes and we are hopeful, for him, that he recovers OK and will be available for Saturday."

"He led the midfield and the pressurising in our play. There was a lot of good movement and football from the three of them – Johnnie, Dale and Bradley Pritchard – and I hope they will all be OK for selection this weekend."

Charlton v Leicester City, Sat, 3pm.

SPORT IN BRIEF

Round-up

Hop into the river to test your skills

SWIMMING Pull on your wetsuit and jump into the Thames at Royal Victoria Dock where you can race against Olympic swimmers as part of the Great London Swim on Saturday (August 31).

The event gives participants the chance to test their strength, stamina and swimming technique in the open water of the Thames. Swimmers will set off from Royal Victoria Dock in with staggered starts from 9am. Entry is £38. Wetsuits are compulsory for this event. Go to greatswim.org.

Kids to get free coaching sessions

BASKETBALL Youngsters can shoot some hoops with the London Lions this summer and hone their basketball skills on outdoor courts across Hackney and Newham.

The Olympic Park-based team are offering free basketball coaching thanks to partnership support from the London Legacy Development Corporation and The Wick Award.

For times and more details go to londonlionsbasketball.com.

Open days aims to draw recruits

HOCKEY Wapping Hockey Club are hosting their annual club open day this Saturday.

Whether you are a complete beginner, seasoned professional, or haven't played since school, all are welcome at the John Orwell Centre in Wapping on Saturday (August 31) from 10am.

For more details email membership@wappinghockeyclub.com or go to wappinghockeyclub.com.

WEEKEND FLUTTER

WITH THE RACING POST

RACING

■ All eyes will be on **Kingman** in the Solario Stakes at Sandown on Saturday as John Gosden's unbeaten two-year-old makes a hotly anticipated return to the track.

The colt bolted up on debut at Newmarket in June in an impressive time and he looks more than capable of taking this step up in grade in his formidable stride.

Ed Quigley

FOOTBALL

■ It's the north London derby on Sunday and Tottenham should be full of confidence after a summer spending spree and wins in their opening two games.

Roberto Soldado, a £26million capture from Valencia, has scored the winning goal against both Crystal Palace and Swansea and he looks tastily priced at 6-1 to score the first goal at the Emirates too.

Ian Wilkerson

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

Cup tie gives pair a chance to shine

WEST HAM

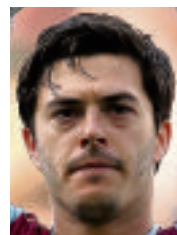
TUESDAY night's 2-1 win over Cheltenham in the Capital One cup gave a couple of Irons benchwarmers the chance to make a case for a greater showing in the Premier League.

Ricardo Vaz Te and Ravel Morrison both scored against stubborn League Two opposition and stand-in skipper James Tomkins, pictured, was pleased with the outcome.

He said "Rav's goal was a good individual one, and it was important for us to score that second one."

West Ham return to Premier League action in confident mood after coming away with a point at Newcastle, ruing a number of chances to score all three points.

West Ham v Stoke, Sat, 3pm



Special Feature

WINNER

OUR DANONE NATIONS CUP WORLD FINAL SPORTS REPORTER



Brandon Lee, 16, celebrates winning his place at Wembley on September 7, 2013. See Brandon's winning match report at mirror.co.uk

HOW TO BUY TICKETS

Tickets are £5 via Ticketmaster BUT Mirror readers can take advantage of a special 2-4-1 offer. Visit: www.ticketmaster.co.uk search Danone Nations Cup World Final 2013 and enter promo code CAPITAL

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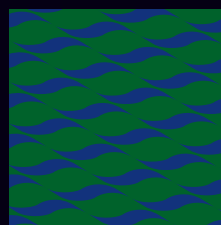
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PROPERTY

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**Volunteers
keep 2012
spirit alive at
East Village**

P14

**Terraced
homes are
perfect for
families**

P15

3

**of the best
properties
available in
Docklands**

P14



Palace of a property for sale at £40million

Exclusive luxury home for the super rich goes on the market **Page 16**

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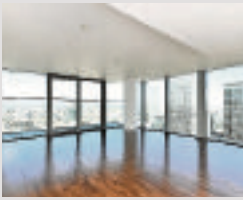
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Hutchings Street, E14

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Spend less



Guide: £179,995
Grenada House, E14

This one-bed situated in Limehouse has first-time buyer written all over it. A great location for Canary Wharf.

email4property.co.uk



For more properties on sale now in London, go to stirlingackroyd.com



Sally Raphael, sixth from right, poses with fellow Homes Makers at East Village where they are volunteering

Developer intends to keep the Olympic spirit alive in Stratford

Volunteers give up their time to help new residents get their bearings

Kay Lockett
@wharf.co.uk

Homes Makers" will be helping East Village residents move in to their new properties at the former site of the London 2012 Olympic Village in early September.

Triathlon Homes, owner of the 1,379 homes to rent and buy at below market rates, has tasked 70 volunteers with continuing last year's Olympic spirit by providing friendly faces for London's newest community when it moves in.

The Homes Makers will be welcoming residents by showing them to their properties, around East Village and the wider Queen Elizabeth Olympic Park, as well as helping with practical questions such as how to work boilers, where to park bikes, and how to reach the local resident services teams.

Homes Maker Sally Raphael, who lives in Mile End, said: "I moved house recently and it can be daunting not knowing where anything is or who your neighbours are."

"We will be giving people one hour inductions to their new homes, showing them how to use the facilities and we will give them a tour of the area."

"We hope to arrange 'meet your neighbour' and community events too."

"I'm happy to give up my time and volunteer to help keep the spirit of the Olympics alive."



Homes Makers will provide practical advice to new residents

"I'll be here to answer questions and help make the moving in process less stressful."

Triathlon Homes is seeing continued high demand for the apartments at East Village, with more than 8,000 potential residents registered over the past few months.

Shared Ownership options are still available from £67,500 for a 25 per cent stake, meaning an applicant needs a deposit of only £6,750, while hundreds of Intermediate Rent homes are available from £210 per week, which is a 30 per cent reduction

on average market rates. Although the majority of the 675 social rented homes have been allocated already, there will continue to be some more promoted through the choice-based lettings system over the next few weeks.

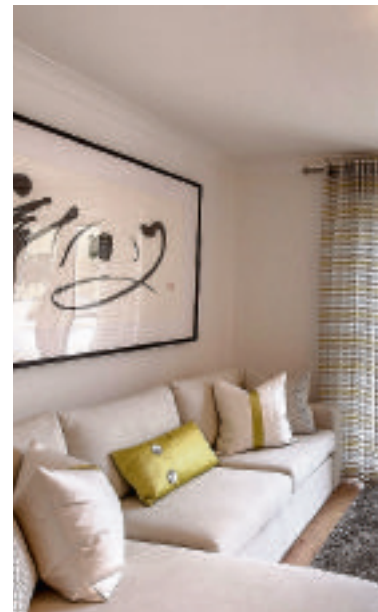
Homes range from one-bedroom apartments to four-bedroom townhouses.

A range of private rental homes will also be available at East Village through Get Living London.

Go to triathlonhomes.com or getlivinglondon.com for more details.



A typical Claude Terrace kitchen



An area to relax in



A new terrace of houses

City homes offer families room to flourish and grow

Move further out to get the benefit of more space both inside and out

Beth.Allcock
@wharf.co.uk

Embrace the great outdoors with your own private garden at a development in Leyton. L&Q's Claude Terrace scheme is a collection of 14, four-bedroom properties in what is the only new offering of large family homes in the E10 area.

With a commute of less than 20 minutes to the estate, Wharfers can enjoy the benefits of a contemporary house nestled among Victorian streets as well as a grassy patch to call their own. All gardens are private and fenced and each house has a shed.

To help achieve a perfect place to relax outdoors, east London-based William Sutton, of EJ Lancasters Home and Garden, said: "Every homeowner needs enthusiasm and a desire to make the most of their space."

"Do your research, think about the size of your garden and how much time you want to spend on it."

His top tips for time-pressed Wharfers keen to impress friends and family with their back garden include considering the importance of a lawn.

He suggests decking or paving can make just as much of an impression,



Each home at Claude Terrace in Leyton comes with a private garden and includes a shed to store all the tools you'll need to manage it

and is less hassle to maintain. Secondly, he said covering planting borders with bark was an essential way to prevent unsightly weeds and help to keep soil damp.

When buyers eventually tear themselves away from their outside surroundings, they can relax in

W Any tips for outside space?

"Do your research, think about the size of your garden and how much time you want to spend on it."

William Sutton

contemporary homes with laminate flooring in the hall, living room and cloakroom and wool mix carpets running throughout the bedrooms, staircase and landing.

The kitchen-dining room is at the front of the property, with the food preparation area boasting a matt black Symphony Dakota range of units and an integrated Zanussi stainless steel electric oven, gas hob and extractor as well as a dishwasher, fridge freezer and washing machine by the same manufacturer.

Every home includes a ground floor cloakroom and toilet, a first-floor bathroom and a second-floor shower room, all with white Roca suites and tiled walls and floor.

Heated towel rails add a touch of luxury, as well as a fitted wardrobe in the bedroom and both Sky+ and BT Broadband wiring to the living room and master bedroom.

With easy access to Leyton Underground Station, the development is in an ideal location for Wharf or City-based commuters. Homes at Claude Terrace cost £395,000.

Go to claudeterrace.co.uk for more information.



By Dawn Sandoval

How do I get the correct valuation?

Q I have made an appointment for an estate agent to come value my home as I am thinking of selling up. But how can I be sure that an agent is putting the right price on my property? How do they arrive at the figure?

A Your home is your largest single asset and, when deciding to sell, it is vital that you get someone in to handle the sale that knows what they are doing.

An experienced agent that has worked your area for several years will be able to put a benchmark price on the property even over the telephone if you give them a few details.

So, if you invite them in for a valuation they should be able to give you a confident appraisal following a walk around the



Valuing a property involves comparing it to others in the area

property and a chat with you to discover any other relevant details that may increase or decrease its value.

These days most agents tend to use the Comparable Sales Method, which is one of the more common techniques for estimating the value of property and is based on the prices of similar homes that have been sold in the local area.

A wealth of comparable property data is collated and analysed to produce a realistic value.

Remember, however, that all estate agents are providing you with a valuation for free in order to try and win your instruction. You should always obtain three valuations.

Regardless of the valuation price, your property is only worth what a buyer will pay for it.

If, for example, your property or road is highly sought after, in a strong market, you may find buyers are prepared to pay more than the marketed price. In a weak market, you may get less.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to newsdesk@wharf.co.uk.



This palace of a house could be yours for a cool £40million

And if you can't pay a driver on top, it's less than 20mins to the Wharf by Tube

Rob.Virtue
@wharf.co.uk

Fancy views of a London park outside your bedroom window? Less than 20 minutes to Canary Wharf on the Jubilee line, perhaps? Sound perfect?

Then, for just the small matter of £40million, this six-bedroom home in Cornwall Terrace, NW1, could be yours. The huge seven-bathroom mansion really is the palace in the park.

Complete with basement swimming pool and gym, a family saloon room, as well as formal and informal dining rooms and an exquisite study, it's the last of nine homes on the street, all recently redeveloped, to hit the market.

The property also includes staff quarters downstairs, a lift to all five floors and a gated carriage driveway.

Dubbed Lethbridge House, it was named after the academic and Conservative politician Sir Roper Lethbridge, a former press commissioner with the Indian Political Department.

SC Management's head of sales and marketing Annette Hurst said: "Before the homes were redeveloped they

W How are the homes used by owners?

"Three people live in them as first homes, while for four others it's a second, third or fourth home. One uses it as a base while he travels the world."

were office space for British Land. It's great that they've been returned to their original use.

"Three people live in them as first homes, while for four others it's a second, third or fourth home.

"Another, who did the house up himself, uses it as a base while he travels the world."

The Grade-I listed, 19th century Regency House at 20 Cornwall Terrace boasts 11,797sq ft of space.

The houses in the row were designed by architect John Nash. As for the immaculate refurbishment, not much in the way of luxury details is missed, with, for example, TVs in the shower, as well as one each end of the swimming pool.

For a more relaxed viewing experience you can make the most of the media room, an intimate cinema with sofas and a huge screen.

Perhaps the highlight of the whole house is the family saloon, which is



20 Cornwall Terrace's basement pool has TVs at both ends so swimmers never miss a minute of Midsommer Murders



The home's expansive saloon room is big enough for any family

a majestic mini-ballroom, perfect for entertaining. The home also includes a beautifully set up family kitchen room, although the chances are the staff will do the lions' share of the cooking in their less glamorous but still more-than-adequate kitchen downstairs.

As for transport, to beat the rush-hour traffic to Canary Wharf, Baker Street on the Jubilee line is less than a two-minute walk away.

If you move in you'll be living beside City high-flyers, politicians and royalty.

Even top Premier League footballers are seemingly priced out, with their paymasters, the likes of Roman Abramovich, suited to the place.

"It really is for the top people in the world of business," said Annette.

For more information go to palaceinthepark.co.uk



The house was used as office space for British Land before refurbishment



Outdoor building, including shower room and decking, £32,000 Garden Spaces



HUTUP

If you've land and a vision, it's time to show your style, writes **Gabrielle Fagan**

Left, treehouse, from £15,000
High Life
Treehouses

Right, studio clad in western red cedar wood with solid wooden flooring, starts from £25,000
Garden Spaces



Left, pod made from plywood with a painted internal lining, from £15,000
Tetra



Right, farmer's cottage rotating sphere seater, £6,995
John Lewis

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Benfleet 01268 565555**Barncombe Close, SS7****£239,995**

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Benfleet 01268 565555**Essex Way, SS7****£220,000**

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Benfleet 01268 565555**CANVEY ISLAND****South Parade, SS8****£250,000**

Detached Bungalow. Three Double Bedrooms. Family Size Kitchen/Diner. Modern Four Piece Bathroom. Off Street Parking. Quiet Road. Council Tax Band C. Energy Rating: Awaiting.

Canvey Island 01268 510510**May Avenue, SS8****£280,000**

Detached Bungalow. Three Bedrooms. Lounge/Diner. Kitchen & Utility Room. En-suite Shower Room. 80ft Rear Garden. Driveway with Garage. No Onward Chain. Council Tax Band B. Energy Rating: D.

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Canary Central · Lowry House E14

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£ 340 p/w



The Landmark · West Tower E14

This particular apartment is positioned on the 8th floor and features floor to ceiling windows from both the bedroom and reception rooms providing serene and relaxing views onto the neighbouring docks and foot bridges leading into Canary Wharf, benefits ample storage, and is equipped with a fully integrated kitchen.

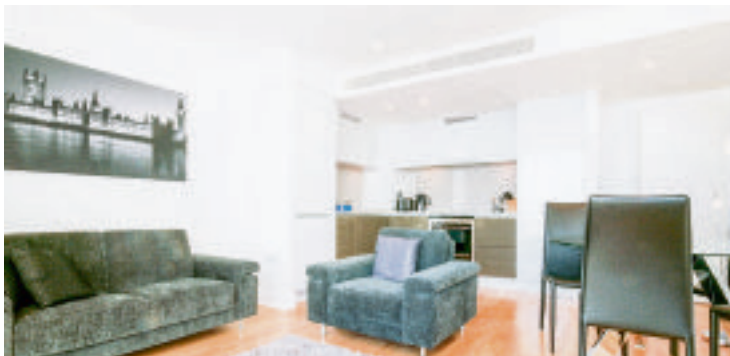
Asking Price £ 360,000.00



Lanterns Court · Cobalt Point E14

A fantastic one bedroom apartment within the ever popular Lanterns Court development ideally located in the heart of the Docklands. This 7th floor property benefits from a fully integrated kitchen, smart bathroom fittings, wooden flooring and ample natural light from the full height windows. This apartment also comes with secure underground parking. Leasehold

Asking Price £ 369,000.00



The Landmark · East Tower E14

1 bedroom, 1 bathroom apartment | Available Now | Near Heron Quay DLR| Walking distance to Canary Wharf | Allocated Parking

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New Providence Wharf · E14

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- Spacious hallway with storage, modern fitted kitchen, lift, parking space
- Closed to the Glades shopping centre & Bromley South station

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Kara Court, Caspian Wharf, E3

- One bedroom apartment on 1st floor, private wood decked balcony
- Wooded flooring to living areas with carpet to bedroom, under flooring heating & concierge
- Close to Devons Road DLR station

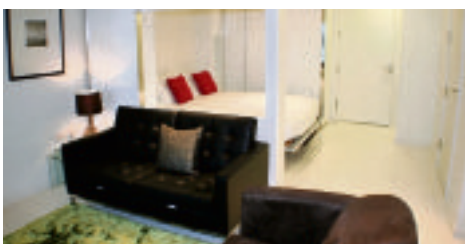
£290 p/w **Call 020 7510 1050**



Sapphire Court, E1

- A one bed apartment on the raised ground floor
- Fully fitted kitchen, GCH, communal garden & secure parking
- Close to Tower Hill, City & local amenities

£325 p/w **Call 020 7510 1050**



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- Luxury Studio Apartment situated on 6th floor
- Private balcony, modern fully fitted kitchen, Marble flooring & lift
- Moments away from Canary Wharf

£330 p/w **Call 020 7510 1050**



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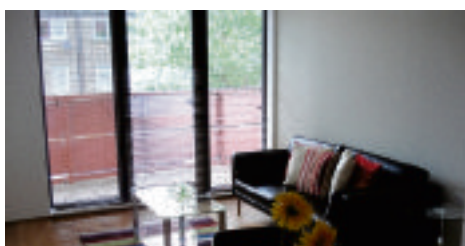
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Millharbour, E14

- A furnished two beds apartment
- Fully fitted kitchen, wood strip flooring, balcony, lift & concierge
- Easy access to Canary Wharf & South Quay DLR Station

£375 p/w **Call 020 7510 1050**



Ink Building, W10

- A selection of two beds/ two baths apartments
- Wood laminate flooring throughout living area, modern fully fitted kitchen, 24hrs concierge & secure parking
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- Close to Canary Wharf & local amenities

£460 p/w **Call 020 7510 1050**



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- A two double bedroom apartment on 1st floor
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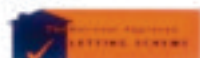
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- £424,995
- Two bedroom apartment
- Fantastic condition
- Overlooking the dock
- Allocated parking
- 880 sq ft



PRICE REDUCTION

EPC Rating: B

Indecon Square, E14

- £249,995
- Studio suite
- Large outdoor terrace
- Ideally located
- Chain free
- Excellent condition



UNDER OFFER

EPC Rating: C

Papermill Wharf, E14

- £529,995
- Two bedroom apartment
- Narrow Street location
- Secure parking
- Concierge
- Over 900sq ft



PRICE REDUCTION

EPC Rating: D

Arnhem Wharf, E14

- £444,995
- Two/Three bedroom apartment
- Gated development
- Allocated Parking
- Concierge
- 1000sq ft



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- 10th floor
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- Leisure Facilities
- Available Now

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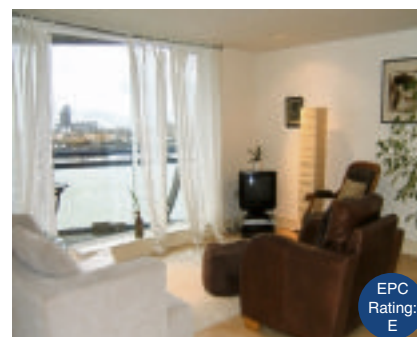
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- Leisure Facilities
- Two Bedrooms
- Concierge
- Available Now



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- Concierge
- Leisure Facilities
- Beautiful Views
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E**Nova Building, E14**

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- Gated riverside development
- Allocated parking
- Mudchute DLR

EPC - C



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- Beautifully designed
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EPC - TBC



Baltimore Wharf, E14

£330,000 L/H

- Luxury studio suite
- Dock facing balcony
- 24hr concierge & gym
- Crossharbour DLR

EPC - B



Landmark East, E14

£360,000 L/H

- One bedroom
- Luxury apartment
- 24hr Concierge & gym
- Heron Quay DLR

EPC - B



Panoramic, E14

£415,000 L/H

- Brand New Development
- Two bed, two bath
- 17th floor, 819sqft
- 24hr concierge & gym

EPC - TBC



Landmark East, E14

£420,000 L/H

- One Bedroom, 18th floor
- East facing apartment
- 24hr concierge & gym
- Heron Quays DLR

EPC - B



Marine Wharf, SE16

£430,000 L/H

- Two bed, two bath
- Brand new apartment
- Residents Parking
- Canada Water Jubilee

EPC - TBC



Forge Square, E14

£435,000 L/H

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- One bedroom
- 5th floor, stunning views
- Immaculate condition

EPC - B



Landmark East, E14

£470,000 L/H

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- 540sqft, 27th floor
- Outstanding views
- Heron Quays DLR

EPC - B



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£300pw

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- One bedroom, Balcony
- 24hr concierge
- South Quay DLR

EPC-B



Panoramic Tower, E14

£325pw

- Brand New Development
- One Bed + Balcony
- Gym and Concierge
- Langdon Park DLR

EPC-B



Landmark East, E14

£375pw

- Luxury Apartment
- One bed + balcony
- 24hr concierge & gym
- Heron Quay DLR

EPC-B



Matchmakers Wharf, E9

£360pw

- Two bed, two bath
- Large Balcony, River Views
- 24hr concierge & gym
- Hackney Wick Station

EPC-B



Hamilton House, E14

£420pw

- Two Bed, Two Bath
- Balcony
- Parking & Concierge
- Limehouse DLR

EPC-C



New Festival Quarter, E14

£480pw

- Three bed, two bath
- Very Large Terrace
- Parking, gym & concierge
- Langdons Park DLR

EPC-B



Baltimore Wharf, E14

£550 pw

- Two bed, two bath
- 7th Floor, two balconies
- Gym, Spa & Swimming Pool
- 24hr Concierge, Dock facing

EPC-B



Landmark East, E14

£600pw

- Two bed, two bath
- Balcony, 35th floor
- 24hr Concierge & Gym
- Heron Quays DLR

EPC-B



Landmark East, E14

£1,150pw

- Three bed, two bath
- Balcony, 37th floor
- Concierge, Gym & parking
- Heron Quays DLR

EPC-B

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**Aragon Tower, SE8**

- Two double bedrooms
- Duplex apartment
- 24 hour porter
- Panoramic river views

- Tenth floor
- Great transport links

£325 p/w**The Sphere, E16**

- Two bedroom apartment
- Three balconies

- Third floor
- Two bathrooms

- London skyline views
- 24 hour concierge

£297,500 Leasehold**Rope Street, SE16**

- Two bedroom apartment
- Dock views
- Fully furnished
- Two bathrooms

- Balcony
- Located in heart of Rotherhithe

£340 p/w**Manchester Court, E16**

- Three bedrooms
- Rear garden

- Two bathrooms plus W.C.
- Terraced house

- Car port
- Walking distance to DLR

£395,000 Freehold**Telegraph Place, E14**

- Four bedroom house
- Offered furnished
- Large garden
- Parking

- Modern condition with laminate floors
- Short walk to Mudchute DLR

£550 p/w**Port East Apartments, E14**

- Very large one bedroom apartment
- Views of the dock and canary wharf
- 24 hour porter/ security
- Grade 1 listed warehouse

- Balcony
- Incredible location in Canary Wharf

£550,000 Leasehold**RESIDENTIAL AND COMMERCIAL PROPERTY CONSULTANTS****www.hollandproperties.co.uk**



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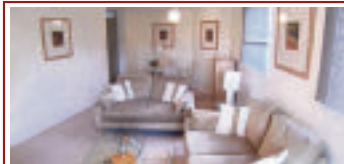
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ONE WEST INDIA QUAY, HERTSMERE ROAD, E14 £448 PW

- Luxury one bed apartment
- South facing aspect
- Furnished on 17th floor
- Available 17th September



THE PANORAMIC, LONDON, E14 £285,000

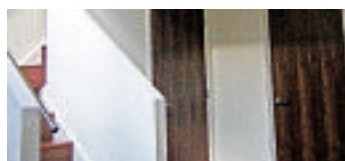
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- One Bedroom Apartment
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GOODHART PLACE, HORSEFERRY ROAD, E14 £750,000

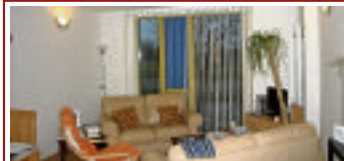
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- Separate kitchen to living room
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- * Secure car parking
- * Excellent transport links



FARNSWORTH COURT, GREENWICH, SE10 £274 PW

- One bedroom apartment
- Furnished on first floor
- Floor to ceiling windows
- Available 4th November



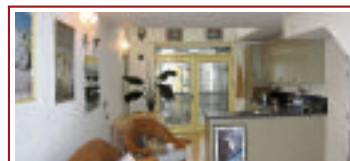
MAURER COURT, GREENWICH, SE10 £575 PW

- Three bed duplex apartment
- Suitable as a family home
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- Excellent transport links



BOMBAY WHARF, BERMONDSEY, SE16 £406,260

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- Open plan living space
- 2nd floor with secure parking
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BEQUEREL COURT, GREENWICH, SE10 £419,999

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- One Bathroom
- Close To Local Amenities

£224,995 Freehold



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- River Views
- 22nd Floor
- 24hrs Concierge

£289,995 Leasehold



Apollo Building, Docklands E14

- Two Bedrooms
- Fully Furnished
- Duplex Apartment
- River Views

£400 Per Week



Studley Court, Virginia Quay, E14

- Two Bedrooms
- 5th Floor
- Fully Furnished
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Pan Peninsula, E14 **£1,600,000 L/H**

Stunning 1,641sq ft, 28th floor, three double bedroom, three bathroom apartment offering triple aspect views to the West, North and East. High specification throughout, wooden flooring, comfort cooling, fully equipped kitchen two balconies and valet parking.

Pan Peninsula 020 7536 7900



Indecon Square, E14 **£610,000 L/H**

Two bedroom, two bathroom, dual aspect apartment with wrap around roof terrace on the 6th floor of this landscaped development with 24 hour concierge within walking distance of Canary Wharf. Fully integrated and appliance kitchen, wood flooring and underground parking space.

Pan Peninsula 020 7536 7900



St Davids Square, E14 **£575,000 L/H**

Three bedroom, two bathroom, ground floor apartment situated within this popular riverside development with 24 hour concierge and residents' leisure facilities. The property has been refurbished and benefits from a private terrace and underground parking space.

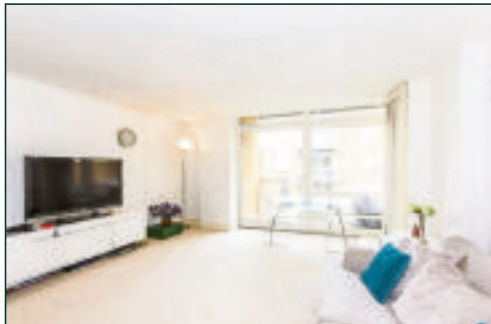
Docklands 020 7510 8444



Marner Point, E3 **£460,000 L/H**

Three bedroom, two bathroom apartment with private balcony on the tenth floor of this stylish tower ideally located next to Bromley by Bow tube station. High quality finishing throughout, 24 hour concierge service, residents' gymnasium and communal roof terraces.

Canary Wharf 020 7515 1000



Canary Central, E14 **£349,950 L/H**

Spacious one bedroom, third floor property with open plan kitchen and light reception with private balcony in the popular Canary Central development located within walking distance of Canary Wharf and offering 24hr concierge service, swimming pool, gymnasium, sauna and Jacuzzi.

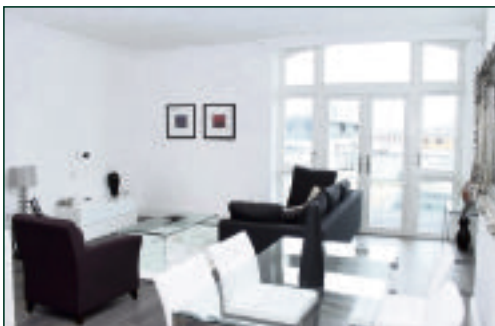
Docklands 020 7510 8444



Fathom Court, E16 **£324,995 L/H**

Two bedroom, two bathroom apartment on the 5th floor of this dockside development. The property features an open plan kitchen with integrated appliances, en-suite bathroom in the master bedroom and a large wrap around terrace offering stunning views towards the marina.

Canary Wharf 020 7515 1000



75 Leman Street, E1 **£795 pw**

Brand new, 5th floor, two double bedroom, two bathroom, designer furnished apartment located in this converted Edwardian office building with 24 hour concierge on the edge of the City. High specification kitchen and bathrooms, timber flooring and designer furnishing.

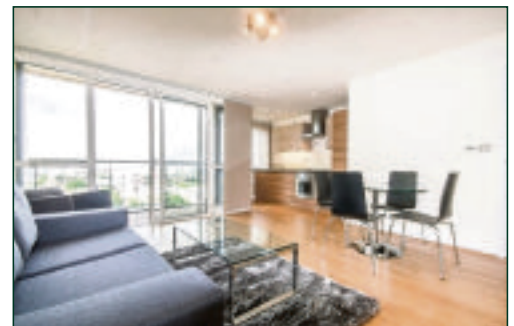
Docklands 020 7510 8444



21 Wapping Lane, E1 **£465 pw**

Two double bedroom, two bathroom, designer furnished apartment with wood flooring, well fitted kitchen with appliances and 24 hour concierge service. Ideally located just minutes away from St. Katherine's Dock and Tower Bridge for fantastic transport links.

Pan Peninsula 020 7536 7900



Panoramic Tower, E14 **£320 pw**

Brand new, one bedroom apartment with private West facing balcony, located on the fourteenth floor of this new development with concierge, residents' gymnasium, communal lounge and roof terrace just a two minute walk from Langdon Park and All Saints DLR stations.

Canary Wharf 020 7515 1000

Canary Wharf office

Horizon Building, 15 Hertsmere Road, London E14 4AW

Tel: 020 7515 1000 | canarywharf@chaseevans.co.uk

Pan Peninsula office

Pan Peninsula, 1 Millharbour, London E14 9XP

Tel: 020 7536 7900 | panpeninsula@chaseevans.co.uk

Docklands office

St Davids Square, 320 Westferry Road, London E14 3QL

Tel: 020 7510 8444 | docklands@chaseevans.co.uk

Head office and Property Management

Third Floor, 6 Malvern House, 199 Marsh Wall, London E14 9YT

Tel: 020 7510 8430 | propertymanagement@chaseevans.co.uk

ASHLEY KING

ESTATE & LETTING AGENTS


Helion Court E14
£300 per week

- One Bedroom Apartment
- One Bathroom
- Ideal Location
- Modern Finishes
- Secure Entry
- Close to Transport Links


Antilles Court E14
£360 per week

- One Bedroom Apartment
- One Bathroom
- Direct Dock Views
- Newly Refurbished
- Close to amenities
- Modern Interior


Landmark E14
£370 per week

- One Bedroom Apartment
- One Bathroom
- Floor To Ceiling Windows
- South Facing
- 24 Hour Concierge
- Sixth Floor


Orion Point E14
£425 per week

- Two Bedroom Apartment
- Two Bathrooms
- Leisure Facilities
- Private Balcony
- 24Hrs Concierge
- Stunning River Views


Millharbour E14
£440 per week

- Two Bedroom Apartment
- Two Bathrooms
- Private Balcony
- Modern Finishes
- 24Hrs Concierge
- Fully Furnished


West India Quay E14
£450 per week

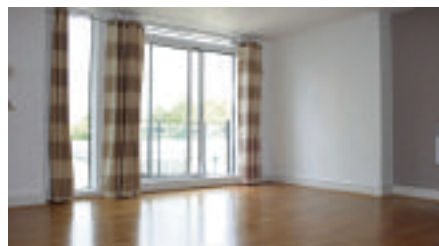
- One Bedroom Apartment
- One Bathroom
- 24 HrS Concierge
- Amazing Views
- Fully Furnished
- Ideal Location


Windmill House E14
£108,000

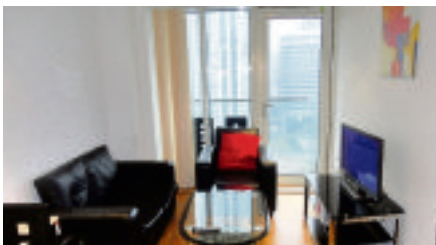
PUBLIC NOTICE Ashley King are now in receipt of an offer for the sum of £108,000.00 for Flat 4 Windmill House 146 Westferry Road E14 3ED. Anyone wishing to place an offer on this property should contact Ashley King 5 Harbour Exchange Sq, Canary Wharf, E14 9GE - T: 020 7190 3300 before exchange of contracts.


New Providence Wharf E14
£279,888

- Studio Apartment
- Thirtieth Floor
- Separate Kitchen
- Contemporary Fixtures
- Leisure Facilities
- 24Hrs Concierge


Docklands Court E14
£299,950

- Two Bedrooms
- One Bathroom
- Private Balcony
- Triple Glazed
- Long Lease
- Close To DLR Station


Ability Place E14
£364,888

- One Bedroom Apartment
- Thirteenth Floor
- Two Private Balconies
- Canary Wharf Views
- 24Hrs Concierge Service
- Gym Facilities


Cumberland Mills E14
£437,500

- Two Bedrooms
- Two Bathrooms
- First Floor
- Riverside Development
- Allocated Parking
- Share of Freehold


Discovery Dock E14
£579,888

- Two Bedroom Apartment
- Two Bathrooms
- South Facing
- Private Balcony
- Desirable Location
- 24Hrs Concierge

www.AshleyKingUk.com Docklands@AshleyKingUk.com
5 Harbour Exchange Square, Marsh Wall, London E14 9GE

020 7190 3300



lines open 8am - 12am

